WHAT IS WHAT IN GROCERIES

Alexander Todoroff

Lydia Starke 1932

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Prepared by

ALEXANDER TODOROFF

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PUBLISHERS' NOTE

"What Is What In Groceries" speaks for itself. The urgent need of a book such as this, both in the home and in schools where Domestic Science is taught, is obvious.

While the volume is quite comprehensive in its scope, no effort has been made to include every article sold in the grocery store. The aim has been rather to explain the things with which consumers generally are not familiar; to show the differences between the various grades and sizes; to state the Government rulings and definitions regarding various foods; to give, in general, authoritative and unbiased grocery facts that would be of distinct benefit to consumers — that would make it possible for them to buy their table supplies to better advantage.

We are happy to be able to offer this valuable volume to the public.

THE PUBLISHERS.

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I. Baking Powder

1. *Q. What is the Government official definition of baking powder?*

A. "Baking powder is the leavening agent produced by the mixing of an acid reacting material and sodium bicarbonate with or without starch or flour. It yields not less than 12 per cent of available carbon dioxide."

2 *Q. How many kinds of baking powder are there on the market?*

A. Three kinds, commonly known as "cream of tartar" baking powder, "phosphate" baking powder, and "alum" baking powder. In all three sodium bicarbonate is used as a basis, while for an acid they contain cream of tartar, acid phosphate, and sodium alum, respectively. (A Government ruling recognizes also a fourth kind of baking powder, the acid reacting materials of which may be any combination in substantial proportions of cream of tartar, acid phosphate, and sodium alum.)

3 *Q. What is sodium bicarbonate, the article used as the basis in the manufacture of all baking powder?*

A. Sodium bicarbonate, or bicarbonate of sodium, is the scientific name of the common baking soda, formerly also known as saleratus. It is a by-product in the manufacture of "sal soda," also known as "washing soda." When sodium bicarbonate is combined with acid reacting materials, such as cream of tartar, acid phosphate, or sodium alum, *and moistened,* it

produces carbon dioxide, the same gas as is produced by yeast fermentation. (Carbon dioxide is the same gas that makes the bubbles in ginger ale and other carbonated drinks.) It is this carbon dioxide, or "carbonic acid gas," that causes the dough or the batter to "rise."

4 *Q. How do the three kinds of baking powder differ in their leavening properties?*

A. They do not differ in their leavening properties; they all do the work—they all form the necessary carbon dioxide that causes the dough and batter to "rise."

5 *Q. Are all three kinds of baking powder perfectly safe to use?*

A. Yes. If the use of any baking powder on the market was in any way harmful to health, the Government would be quick to stop its manufacture. After forming the carbon dioxide, each of the three kinds of baking powder leaves a residue in the food; the residue left from the "cream of tartar" baking powder is rochelle salts; that left from the "phosphate" baking powder is sodium and calcium phosphates; and that left from the "alum" baking powder is glauber's salt. The quantity of residue left in the food in each case, however, is so very small as to be in no way harmful to health.

6 *Q. Why is starch or flour added in the manufacture of baking powder?*

A. To absorb atmospheric moisture and thus prevent a loss of gas before the baking powder is used. The starch or flour acts merely as a

protection in keeping dry the ingredients of the baking powder.

7 *Q. Does baking powder lose some of its strength in time?*

A. While some manufacturers claim that their baking powders do not deteriorate with age, it is a fact that most baking powders do lose some of their strength in time, especially during periods of the year when there is a great deal of moisture in the air. For this reason, it is best to keep just as fresh a supply of baking powder in the pantry as possible.

II. Canned Fish

8 *Q. What are the different grades of salmon and how do they compare?*

A. There are five grades: (1) Chinook, or King; (2) Sockeye, or Red; (3) Cohoe, Medium Red, or Silver; (4) Pink; (5) Chum.

The *Chinook* salmon is generally considered the best eating salmon; fine texture, deep pink color, rich oil, excellent flavor. Meat breaks into layers upon slight pressure.

The *Sockeye* is the staple of the industry. Golden red flesh, firm in texture, yielding rich oil. Some consider it better eating salmon than the Chinook. The Alaska Red salmon, caught in Alaskan waters, is not so rich in oil and flavor.

The *Cohoe* resembles the Sockeye in taste, but lacks in color and oil; its color is paler. Fair texture, good flavor.

The *Pink* salmon has a fine flavor, but practically no oil. Flesh somewhat soft. Light pink or brownish color. The low price at which the pink salmon is usually sold makes this salmon a splendid value.

The *Chum* salmon has a soft texture and is very pale in color—almost white. Very little, if any oil at all. Peculiar flavor; a taste must be acquired for it. Lowest priced salmon.

9 *Q. How can one tell what kind of salmon is in a can?*

A. The Government requires that the species of the salmon be stated on the label. The name of the species usually precedes the word "Sal-

mon;" as, for instance: "Alaska Red Salmon," "Cohoe Salmon," "Pink Salmon," etc.

10 *Q. Why is the quality of some brands of Chinook salmon so different from that of other brands?*

A. The finest Chinook salmon canned is the Spring Pack Royal Chinook salmon caught in the Columbia River. Other grades of Chinook salmon are the Standard Chinook and the Fall Pack Chinook. The Standard Chinook is caught during the same period as the Spring Pack Chinook, but it runs irregular in color, in the quality of the meat, and in the color of the oil. The Fall Pack Chinook salmon is also not equal in quality to the Spring Pack either in meat or in oil. Then there are fish of the Chinook family caught in rivers other than the Columbia. None of these grades is equal to the fancy quality of the Spring Pack Columbia River Royal Chinook salmon. It is unfortunate that nearly all packs of Chinook salmon are usually labeled as "Chinook Salmon" without the grade being specified. Some of the packers of the highest grade Chinook, however, do label their salmon as "Fancy Columbia River Salmon," or "Spring Pack Columbia River Royal Chinook."

11 *Q. Are the cheaper grades of salmon, such as Pink and Chum, less palatable and nutritious than the higher priced red salmon?*

A. No. The light meated varieties of salmon are just as palatable and nutritious as the more highly colored species.

12 *Q. What are the different sizes of cans in which salmon is packed?*

A. The 1-lb. tall can, the 1-lb. flat can, and the ½-lb. flat can. A small quantity of strictly high-grade salmon is also put up in 1-lb. and ½-lb. flat oval cans.

13 *Q. How many varieties of canned tuna are there?*

A. Four varieties: (1) the Albacore tuna, also known as Long Fin tuna—all white meat; (2) Yellow Fin tuna—meat slightly pink; (3) Blue Fin tuna—meat practically same as that of the Yellow Fin but slightly darker; (4) Striped Tuna, or "skipjack"—darkest of all tuna meat, quite brown in color.

14 *Q. What is the difference between "White Meat Tuna Flakes" and "Light Meat Tuna Flakes"?*

A. "White Meat Flakes" are pieces from Albacore, or Long Fin tuna, while "Light Meat Flakes" may be pieces from any or all three of the other varieties—Yellow Fin, Blue Fin, and Striped. These pieces accumulate in trimming the fish for canning. (Only the meat of the Albacore, or Long Fin tuna, may be labeled "White"; the other three varieties may be labeled "Light Meat Tuna," or "California Tuna.")

15 *Q. What kind of oil is used in the canning of tuna?*

A. Practically all packers use cottonseed oil. It seems to blend better with the meat of the

tuna than any other oil. The usual amount of oil used is 1 ounce to a No. ½ can (7 oz.) Some tuna is packed in olive oil, particularly for the Italian trade, the usual amount of oil being about 2 ounces to a No. ½ can.

16 *Q. Is the tuna a smooth-skinned fish or does it have scales?*

A. The tuna belongs to the mackerel family and has no scales.

17 *Q. What kind of fish is the Bonita?*

A. The Bonita resembles the mackerel in appearance and the tuna in flesh, although the color of its flesh is reddish. It is canned in the same way as the tuna.

18 *Q. What kinds of fish are used in the canning of sardines?*

A. According to a definition by the Bureau of Fisheries, U. S. Department of Commerce, any small fish of the herring family, properly prepared, are entitled to be called sardines. In Europe, the pilchard, sprat, and bristling are canned as sardines; in Maine, the young herring; and in California, the Pacific sardine, which is a species of pilchard.

19 *Q. Why are some sardines labeled "Packed in Olive Oil" and others are labeled merely "in Olive Oil"?*

A. Sardines labeled "Packed in Olive Oil" are sardines which previously to being packed in olive oil were boiled in peanut oil. Packers of such sardines claim that this process improves the quality of the fish and also the color.

20 *Q. The labels of some canned sardines state that the sardines are packed in salad oil. What kind of oil is that?*

A. Canned sardines packed in any pure, wholesome, edible, vegetable oil may be labeled, under the Federal food and drugs act, as "Packed in Vegetable Salad Oil," or "Packed in Salad Oil," without specifying the exact oil employed. The "Salad Oil" generally used in the packing of sardines, however, is the cottonseed oil.

21 *Q. What are truffled sardines?*

A. Imported sardines, packed with a slice of truffle, which lends a very agreeable flavor to the fish. (See Question No. 207 for "Truffle.")

22 *Q. Why is the color of some canned lobster white and of some grayish?*

A. It all depends upon where the lobsters were caught. If they were caught in muddy bottoms near the shore, the meat has a grayish tinge, while if they were caught in clear water with a gravel bottom, the meat has a good white color.

23 *Q. Is the meat of the domestic crab different from that of the Japanese crab?*

A. The domestic crab meat is obtained from crabs caught in Virginia waters. This crab is the genuine soft shell crab. Its meat is flaky and of grayish white color, but not at all like the meat of the Japanese crab, which is white and quite similar to that of lobster.

From the standpoint of appearance, everything is in favor of the Japanese crab meat, but

RUSSIAN CAVIAR
FISH BALLS

when it comes to flavor and tastiness, the meat of the domestic crab is decidedly superior.

24 *Q. Why is there parchment paper lining on the insides of cans containing lobster, crabs, shrimp, and fish flakes?*

A. The iron and phosphorous which they contain act upon the tin and turn the meat black. The parchment paper is used to protect the meat.

25 *Q. What is meant by "little neck" clams?*

A. This is a hard shell variety of clams, known as Quahaug. The Quahaug clam differs from the usual soft shell or "white sand" clam in size, shape, color, and texture, and is superior to it in eating qualities. The Quahaug clams are the best clams canned.

26 *Q. What is caviar?*

A. The roe of various kinds of fish, more generally that of the sturgeon, prepared as a table delicacy. It is highly salted, containing about 10 per cent salt. Usually comes put up in 1-oz., 2-oz., 4-oz., 8-oz., and 16-oz. glass jars and in 1½-oz., 3-oz., 6-oz., and 12-oz. tins. It is also sold in paste form and in dried, pressed form. The best caviar is made from the sturgeon caught in the Caspian Sea, Russia.

27 *Q. What are "fish balls"?*

A. These are usually made from fresh haddock, potato flour, sweet milk, and spices, put up in fish bouillon. They are eaten fried or after being heated in the can. There are from 15 to 20 "balls" in a one-pound can. Used largely by the Scandinavian people.

28 *Q. What is clam juice and for what is it used?*

A. The juice of the clam, extracted by heat. The heat forces the clam to open its shell, and the juice runs out into pans from which it is taken and canned. It is used in the preparation of clam broth and clam bouillon, largely for invalids, and also for adding strength to clam chowder.

29 *Q. What are the various fish and shellfish items that are put up in cans?*

A.

Anchovies, Paste	Herring, Fresh
Anchovies, Whole	Herring, Kippered
Caviar	Herring, in Tomato Sauce
Clam Chowder	Lobsters
Clam Juice	Lobster Newburg
Clams, Little Neck	Mackerel
Clams, Minced	Oysters
Codfish Balls	Pilchards
Codfish Cakes	Roe, Fish
Codfish, Shredded	Salmon
Crab Meat, Deviled	Sardines, Oil
Crab Meat, Plain	Sardines, Mustard
Crawfish	Sardines, Tomato Sauce
Fish Balls	Shad
Fish Flakes	Shrimp
Haddock (Finnan Haddie)	Tuna

III. Canned Fruits

30 *Q. How many grades of canned fruits are there?*

A. There are three grades generally used by canners for table fruit: Fancy, Choice, and Standard. There are also two lower grades, variously designated by such terms as "Substandard," "Natural," "Water," or "Pie" grade. The lower grades usually consist of undersized or irregular fruit, or fruit which is either too ripe or not ripe enough for table fruit, but is nevertheless sound and wholesome. A heavier syrup is used on the higher grades, while the lower grades are put up in lighter syrup or in water, as is the case with the "Water" or "Pie" grades.

31 *Q. What principles govern the grading of fruit by the canners?*

A. The grading of peaches illustrates very well the principle governing the grading of the large fruits. In the Fancy grade, perfect stock in the best state of ripeness is used and is handled with particular care. The fruit must be large enough to take not more than 12 pieces (halves) to fill a No. 2½ can; a 55-degree syrup is added. For Choice grade, the fruit must be nearly perfect, but need not be so large, the limit being 15 halves per can; a 40-degree syrup is used. The limit for Standard grade is 21 halves of good but less uniform fruit, and the strength of the syrup is 25 degrees. The "Substandard" grade calls for sound fruit of fairly

uniform size and ripeness, without any definite size limit, packed in 10-degree syrup. The "Pie" grade simply requires sound, wholesome fruit packed in water in large cans, chiefly for making pies and other food products.

The smaller fruits are usually graded only for quality, which is based largely on uniformity of color, size, flavor, and freedom from damaged fruit.

32 *Q. What is meant by "55-degree" syrup, "40-degree" syrup, etc?*

A. The figures indicate the percentage of sugar used in preparing the syrup. Thus, "55-degree" syrup is prepared by dissolving 55 pounds of sugar in 45 pounds of water.

33 *Q. In syrups of what degrees are the various fruits put up under each of the three grades—Fancy, Choice, and Standard?*

A. The following table gives syrups commonly used by most canners:

	Fancy	Choice	Standard
Apples	Water	Water	Water
Apricots	55	40	25
Blackberries	50	35	20
Blueberries	20	....	....
Cherries, Sweet	40	30	20
Cherries, Sour	70	50	30
Gooseberries	60	40	20
Grapefruit	50	40	30
Grapes	40	30	20
Loganberries	70	50	....
Peaches	55	40	25
Pears	40	30	20

Pineapple	24	....	20
Plums	55-40	40-30	25-20
Raspberries, Black	40	30	20
Raspberries, Red	60-40	40-30	20
Rhubarb	70	60	Water
Strawberries	60	40	20

Note. The syrups used in canning Plums and Red Raspberries vary in different parts of the country.

34 *Q. What are the several sizes of cans in which fruits are canned?*

A. Canned fruits are commonly packed in five sizes of cans, the commercial designation and average net contents of which are:

Designation of can	Average net contents
No. 1	12 oz.
No. 2	1 lb. 4 oz.
No. 2½	1 lb. 13 oz.
No. 3	2 lbs. 3 oz.
No. 10	6 lbs. 9 oz.

35 *Q. What are the various fruit items that are put up in cans?*

A.

Apple Butter
Apple Sauce
Apples
Apples, Baked
Apricots
Blackberries
Blueberries
Cherries, Black
Cherries, Red Pitted
Cherries, White
Crabapples
Cranberry Jelly
Cranberry Sauce
Grapes
Loganberries
Peaches
Pears
Pineapple, Crushed
Pineapple, Sliced
Plums
Prunes, Dry
Prunes, Dry in Syrup
Prunes, Dry in Water
Prunes, Fresh in Syrup
Quince
Raisins

Figs	Raspberries, Black
Fruits for Salads	Raspberries, Red
Gooseberries	Rhubarb
Grapefruit	Strawberries

36 *Q. What is the difference between the "Yellow Free" and the "Yellow Cling" canned peaches?*

A. The name "free" is derived from the fact that the pit of this variety is free of the flesh of the fruit and is easily removed, whereas with the "cling" peach the pit must be removed by cutting. The Yellow Cling peach is a much more popular seller on account of its exceptionally fine appearance and color. A fully ripened Yellow Free peach, when canned, does not present such an attractive appearance as the cling, as its very nature gives it a somewhat ragged appearance. Many people, however, prefer it to the cling on account of its different flavor, peculiar to itself. Practically all of the dried peaches on the market are of the Yellow Free variety, but a large percentage of the crop also goes into cans.

37 *Q. What kind of peach is the White Cling peach?*

A. The flesh of the fresh White Cling peach is creamy white, with a faint blush of red. It is a very tender peach, quite juicy, and luscious in flavor. As in the case of the Yellow Cling, the pit of the White Cling is removed by cutting. (Both the White Cling and Yellow Cling peaches are also sliced.)

38 *Q. What is meant by "Melba" peaches?*

A. Extraordinary large halves of Yellow

Cling peaches are packed and sold as "Melba Halves" and are particularly desirable for fancy desserts.

39 *Q. What is considered a "properly filled" can of halved peaches?*

A. According to the Bureau of Chemistry, U. S. Department of Agriculture, properly filled cans of halved peaches should yield, at least, the following drained weights:

No. 2 can	13½ oz.
No. 2½ can	1 lb. 4 oz.
No. 10 can	4 lbs. 4 oz.

40 *Q. Is the pineapple that grows on the Hawaiian Islands different from the pineapples that grow elsewhere?*

A. The pineapple growing on the Hawaiian Islands is known as the Smooth Cayenne pineapple. It grows on a large plant, the leaves of which are smooth, except the tip ends. The fruit is very large and, when ripe, is of a deep yellow color. The pineapples growing in other places have the stiff, saw-edged leaves; the fruit is smaller and does not have the rich color of the Hawaiian pineapple.

41 *Q. Is the Hawaiian pineapple canned in this country or on the islands?*

A. All of the canned Hawaiian pineapple is canned on the islands. This is done in order to preserve intact the flavor of the fully ripened pineapple. If the pineapples were to be brought over and canned in this country, they would have to be picked before they were fully ripened in

order not to be injured in the handling and shipping.

42 *Q. How many slices of Hawaiian pineapple are there in each of the several sizes of cans in which it is put up?*

A. The No. 1 flat can contains 4 slices; the No. 1 tall, 8 or 9 slices; the No. 2 squat, 6 slices; the No. 2 tall, 8 or 10 slices; the No. 2½, 8 slices. The number of slices in a No. 10 can vary with the size of slices used. A No. 10 can contains from 28 to 30 slices of the size packed in No. 2½ cans; 38 to 40 slices of the size packed in No. 2 tall cans (8 slices to a can); and 50 to 52 slices of the size packed in No. 1 tall cans or of the size packed in No. 2 tall cans (10 slices to a can).

43 *Q. Why is the pineapple so called?*

A. Because the shape of the fruit and its external appearance resemble the cone of the pine tree.

44 *Q. Are all the canned pears of the Bartlett variety?*

A. No. Pears of the Kieffer variety are also extensively canned. As a rule, unless the label states that the pears are Bartlett pears, they are of the Kieffer variety.

45 *Q. Why do some canned pears have a pinkish color?*

A. This is caused by excess of heat at the time of canning. It is very difficult to can pears without discoloring them. The pinkish color, however, does not in any way impair the flavor of the pear.

46 *Q. Which of the canned cherries are considered to be the best?*

A. The Royal Anne cherries. (The Royal Anne cherry is a white cherry with a red cheek. The red part turns brown when the cherry is cooked.)

47 *Q. What is considered a "properly filled" can of unpitted cherries?*

A. According to the Bureau of Chemistry, U. S. Department of Agriculture, properly filled cans of unpitted cherries should yield, at least, the following drained weights, these weights being determined in each instance by draining for two minutes on a 1/8-inch mesh screen:

No. 1 can	10.5 oz. of cherries
No. 2 can	12 to 13 oz. of cherries
No. 2½ can	18 to 19 oz. of cherries
No. 10 can	68 to 72 oz. of cherries

The variance in the net weight of cherries put up in No. 2, No. 2½, and No. 10 cans is due to the difference in the richness of the syrups used.

48 *Q. What kind of plum is the green gage plum, and why is it so called?*

A. The green gage plum belongs to the yellow variety of plums. When ripe, its color is light green or yellow-green. It is a small plum with a tart flavor. It was named after a man by the name of Gage who introduced it into England from France, where it was originally grown.

49 *Q. What kind of prunes are the canned prunes labeled "Fresh Prunes"?*

A. The same kind of prunes that are used for drying, picked when fully ripe and canned immediately. The fresh prunes usually canned are of the Oregon, or Italian, variety. They are put up in heavy syrup as they are quite tart.

50 *Q. What kind of berry is the loganberry?*

A. This is an oblong-shaped berry of a dull red color. It resembles the blackberry in shape

Loganberries

and the red raspberry in color and somewhat in flavor, but is more tart. When fully ripe, the loganberry is from one and a half to two inches long. It is sold both canned and dried.

51 *Q. What are the various fruits that are used in packing "Fruits for Salads"?*

A. The fruits commonly used are: Peaches, pears, pineapples, apricots, and cherries. The red cherries found in canned fruits for salads are prepared from white cherries and are artificially colored and flavored.

52 *Q. Is the canned grapefruit put up with sugar or without sugar?*

A. It is put up both with and without sugar.

When put up without sugar, it is labeled "Unsweetened."

53 *Q. How many grades of canned rhubarb are there and how do they differ?*

A. There are three grades: *Fancy,* packed in 70-degree syrup; *Choice,* packed in 60-degree syrup; and *Standard,* packed in water without any sugar. The quality of the rhubarb itself in all three grades is practically the same. (While rhubarb is a vegetable, it is canned in syrup as fruits are and is used on the table as a fruit, and because of that fact it is commonly listed under Canned Fruits.)

54 *Q. What are the various fruit items that are put up in No. 10 cans (so-called gallon cans) in addition to the usual smaller sized cans?*

A.

Apples
Apple Butter
Apple Sauce
Apricots in Syrup
Apricots in Water
Blackberries in Syrup
Blackberries in Water
Blueberries in Syrup
Blueberries in Water
Cherries, Red Pitted, in Syrup
Cherries, Red Pitted, in Water
Cherries, White, in Syrup
Cranberry Sauce
Figs in Syrup
Figs in Water
Gooseberries in Water
Grapefruit
Jams
Loganberries in Syrup
Loganberries in Water
Marmalade
Peach Butter
Peaches in Syrup
Peaches in Water
Pears in Syrup
Pears in Water
Pineapple in Syrup
Pineapple in Water
Plums in Syrup
Plums in Water
Preserves
Prunes, Dried, in Syrup
Prunes, Dried, in Water
Prunes, Fresh, in Syrup
Raspberries, Red, in Syrup
Raspberries, Red, in Water
Raspberries, Black, in Syrup
Raspberries, Black, in Water
Rhubarb in Syrup
Rhubarb in Water
Strawberries in Syrup
Strawberries in Water

IV. Canned Milk

55 *Q. What is the difference between "evaporated" and "condensed" milk?*

A. The evaporated milk is produced from whole milk by evaporating about 60 per cent of its water, while the condensed milk is produced by evaporating a combination of whole milk and sugar, the usual proportion being 250 pints of milk to 40 pounds of sugar. The term "condensed" is sometimes used in place of "evaporated," but the unsweetened milk is invariably labeled "Evaporated Milk."

56 *Q. What is the minimum amount of butter fat required by the Government in evaporated milk?*

A. Evaporated milk must contain not less than 7.8 per cent of butter fat.

57 *Q. Do the evaporated milks on the market vary in richness of cream?*

A. If any of them should contain a higher percentage of butter fat than the minimum required by the Government in all evaporated milks (7.8%), the amount is so very small as to be hardly discernible. Thus, it is quite safe to say that all evaporated milks on the market are just about equally rich in butter fat.

58 *Q. Is the evaporated milk richer at the top of the can than it is at the bottom?*

A. No. Evaporated milk has no cream line. The milk at the bottom of the can is just as rich as that at the top. A machine known as "homogenizer" distributes the cream and butter uniformly throughout the milk. The effect of this

process is permanent; cans opened a year or two after they were sealed show the cream distributed as evenly through the milk as it was on the day the milk was canned.

59 *Q. Does evaporated milk lose some of its valuable qualities in the process of evaporation preparatory to canning?*

A. No. The only thing it loses is a large part of its water content.

60 *Q. What is the minimum amount of butter fat required by the Government in sweetened condensed milk?*

A. Eight per cent.

61 *Q. How much sugar does the condensed milk contain?*

A. A little over 40 per cent.

V. Canned Soups

62 *Q. What are the various soups that are sold in cans?*

A.

Tomato	Consommé
Cream of Tomato	Beef
Tomato—Rice with Curry	Chicken Gumbo
Tomato Bouillon	Mulligatawny
Tomato—Okra	Split Pea
Chicken	Green Pea
Vegetable	Celery
Vegetable—Beef	Clam Chowder
Ox Tail	Clam Bouillon
Navy Bean	Julienne
Black Bean	Printanier
Cream of Corn	Asparagus
Cream of Spinach	Mutton Broth
Cream of Potato	Green Turtle
Vermicelli—Tomato	Mock Turtle

63 *Q. How does Tomato canned soup differ from Cream of Tomato soup and Tomato Bouillon?*

A. Different packers, of course, prepare their soups differently, but the following methods of preparation for these three varieties of tomato soup are more or less general.

Tomato soup is made from the juice and pulp of tomatoes, cooked down to about one-third its volume in the raw state, and to which have been added salt, sugar, corn and wheat flour, onions, and a few ground spices. The tomato flavor is pronounced.

Cream of Tomato soup is a mild, creamy soup, having a much milder flavor than the Tomato soup. It is usually made from the juice of tomatoes to which some cream has been added.

Tomato Bouillon is prepared from the juice

and pulp of tomatoes to which beef broth has been added.

64 *Q. What kind of soup is consommé soup?*

A. This is a clear soup, made from beef broth and a combination of the juices of several vegetables, usually those of carrots, turnips, onions, leeks, and parsley.

65 *Q. What kind of soup is julienne soup?*

A. This soup stands between the light clarified soups, such as consommé and bouillon, and the thick soups. It consists of beef broth, small fresh peas, and shredded carrots, turnips, celery, leeks, and cabbages. (This soup was named after a French chef by the name of Julien.)

66 *Q. What kind of soup is chicken gumbo soup?*

A. This soup is made from chicken stock and tomato base, to which is added chicken meat, rice, and okra, also known as gumbo. The okra gives the soup a mucilaginous consistency and a peculiar flavor.

67 *Q. What kind of soup is mulligatawny soup?*

A. This is an Anglo-Indian soup, deriving its name from the Indian word "milagutanir," meaning "pepper water," and is so called because it is seasoned with curry powder or pepper. It contains thickened chicken stock and ground tomatoes, and is spiced chiefly with curry powder. A hot and spicy soup.

68 *Q. What kind of soup is Printanier soup?*

A. A vegetable soup, especially popular during the spring months. Contains carrots, string beans, turnips, and some fresh peas and lima

beans. ("Printanier" is the French word for "spring.")

69 *Q. What kind of soup is mock turtle soup?*

A. This a dark-colored, rich soup. It is usually made of a combination of tomato and meat juices, thickened with rice flour and flavored with various spices and herbs. Contains small squares of beef.

70 *Q. What kind of soup is Green Turtle soup?*

A. This soup is made from rich turtle stock thickened with brown flour and seasoned with herbs. Contains pieces of turtle meat, usually cut in squares.

VI. Canned Vegetables

71 *Q. How many grades of canned vegetables are there?*

A. There are three grades: Fancy, Extra Standard or Choice, and Standard. The Fancy grade calls for materials of highest quality and flavor, uniform in color and size, handled with special care. The Standard grade is prepared from sound material, usually about the average run of the crop, so that it may lack uniformity in size, color, and ripeness. The Extra Standard or Choice grade is intermediate between the Fancy and Standard, and applies to a product that falls slightly below the rigid requirements of the Fancy grade, but is still better than the Standard.

72 *Q. What are the various vegetables that are put up in cans?*

A.

Artichokes
Asparagus
Bean Sprouts
Beans, Baked
Beans, with Tomato Sauce
Beans, with Pork
Beans, Red
Beans, Red Kidney
Beans, Lima
Beans, Refugee
Beans, Wax
Beets
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Corn, Cream Style
Corn, Whole Grain
Corn on the Cob
Okra
Okra with Tomato
Olives, Green
Olives, Ripe
Olives, Stuffed
Onions
Peas
Peppers, Green
Peppers, Sweet
Pimientos
Pickles
Potatoes, Sweet
Pumpkin
Sauerkraut
Spinach
Squash
Succotash
Tomatoes
Tomato Paste
Tomato Puree

Hominy	Tomato Sauce
Kale	Truffles
Lentils	Turnips
Mixed Vegetables	Vegetables for Soup
Mushrooms	Whole Wheat

73 *Q. What are canned artichokes?*

A. These are usually the thick, fleshy parts ("bottoms") of the immature flower of the artichoke plant, which is a thistle-like evergreen plant, about three or four feet high. The flowers are gathered before they expand and the "bottoms" are boiled in salted water and then canned. They are usually served with cream dressing or melted butter. Some canners put up also whole artichokes; that is, the entire flowering head of the artichoke plant, the bud scales of which are also eaten.

74 *Q. Why is some asparagus green and some white?*

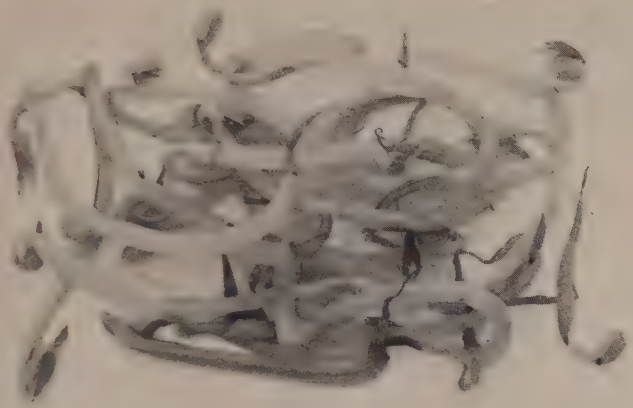
A. The white asparagus is obtained by deep planting; the full length of the spear is kept under the ground. If any tips protrude, they are immediately covered up. The green asparagus grows above the ground.

75 *Q. What is meant by "peeled" asparagus?*

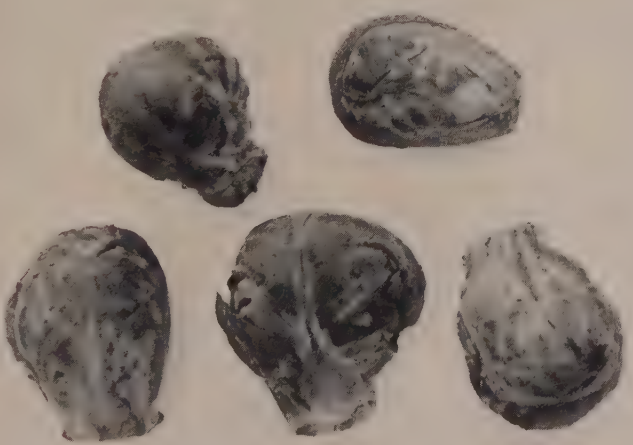
A. This is asparagus made from large stalks, from which the tough skin has been peeled.

76 *Q. What are "bean sprouts" and for what are they used?*

A. These are the sprouts of the Mung bean, a small, green, round bean, originally grown in China, but now also grown in the United States and elsewhere. They have a flavor similar to that of string beans, and are prepared by soak-



BEAN SPROUTS



BRUSSELS SPROUTS

ing the beans for several hours and then keeping them moist for several days, this being done usually in basements. Sprouted beans can be bought in cans, and are used in the preparation of Chop Suey and other Chinese dishes, as well as in salads, soups, and stews. As the canned sprouted beans are already cooked, they should be added to stews, soups, etc., just before serving.

77 *Q. What are Brussels Sprouts?*

A. The Brussels sprout is in a reality a miniature cabbage. The sprouts are attached to the long stalks of the plant. The uses of Brussels sprouts are similar to those of cabbage, but the sprouts are considered to be of superior flavor. They are called "Brussels" because they were originally cultivated in Belgium. The Brussels Sprouts are canned whole in three different sizes: *Extra Small,* running between 65 and 70 to a No. 2 can; *Small,* running between 40 and 45 to a No. 2 can; and *Medium,* running between 18 and 20 to a No. 2 can. The Medium size sprouts are also put up in No. 10 cans, containing about 100 sprouts.

78 *Q. How many kinds of canned navy beans are there?*

A. Four kinds: Beans put up with plain sauce, with tomato sauce, with pork and plain sauce, and with pork and tomato sauce.

79 *Q. What is the difference between canned beans that are labeled "Baked Beans" and others that are labeled just "Beans"?*

A. The "Baked Beans" are cooked in jacketed kettles or ovens, which dry-heating process is necessary to entitle the packer to label his product "Baked Beans." The other canned beans are put up in this way: The beans are soaked for ten to fifteen hours, with frequent changes of water, and are then "blanched" in hot water, after which they are sealed in cans with the sauce and processed under steam pressure.

80 *Q. Of what is the "Plain Sauce" that is used in putting up canned beans made?*

A. It is usually made of molasses, sugar, salt, and water.

81 *Q. Of what is the "Tomato Sauce" that is used in putting up canned beans made?*

A. This "Tomato Sauce" includes the same ingredients as those of the "Plain Sauce," with the addition of tomato pulp and spices.

82 *Q. Are green or dried beans used in putting up the canned lima beans?*

A. Both green and dried lima beans are used for canning. The canned dried lima beans are known as "soaked." The Department of Agriculture distinguishes between "ripe" lima beans (allowed to ripen on the vine) and "dried" lima beans (picked before ripening and dried). It has ruled that when the canned lima beans were not packed green right off the vines, they should be labeled "Prepared from ripe beans" or "Prepared from dried beans," as the case may be.

83 *Q. How many varieties of canned string beans are there, and how are they graded?*

A. There are two principal varieties: The flat pod bean and the refugee, or round, bean. (Both the wax and green beans grow flat and round.) The beans are sifted into sizes by being run through a "grader," and are graded as No. 1, No. 2, No. 3, No. 4, or No. 5, according to the size of the sieve through which they can pass.

84 *Q. What kind of beet is used for canning?*

A. The red garden beet is the only one used for canning. The small beets are canned whole or sliced, while the large beets (over 2 inches in diameter) are cut into pieces—slices, cubes, or quarters—and are sold as cut beets.

85 *Q. What is meant by "Maine Style" and by "Maryland Style" canned corn?*

A. In canning "Maine Style" or "Cream Style" corn, the kernel is cut off and the creamy contents of the lower part are forced out by scrapers; the corn is packed together with the milky cob scrapings. In canning the "Maryland Style," or "Whole Grain," corn, the kernels are cut deeper and not packed with the scrapings from the cob. (The Department of Agriculture has ruled that no canned corn may be labeled "Maine Style" unless it was actually packed in the State of Maine.)

86 *Q. Is anything added to the corn in the process of canning?*

A. A little salt, sugar, and water.

87 *Q. Is corn on the cob also put up in cans?*

A. Yes. Both the sweet and the Bantam vari-

eties are put up in cob form in No. 2, No. 3, and No. 10 cans.

88 *Q. What is "shoe peg" corn?*

A. This is the trade name for canned corn cut in a special way so as to preserve as nearly as possible the whole kernel of the corn. It tastes like corn on the cob. Indeed, shoe peg corn (or "special cut" corn, as it is sometimes labeled), is corn on the cob minus the cob. It is warmed by placing the unopened can in boiling water for ten or fifteen minutes. The can is then opened, the juice drained off, and the corn served with a lump of butter.

89 *Q. Is ordinary field corn (also known as "Maize" and as Indian corn) put up in cans the same as sugar corn?*

A. Yes, but very seldom. And when field corn is canned, the label must state that fact plainly. The Bureau of Chemistry, U. S. Department of Agriculture, has given the following opinion regarding the matter: "The product which is universally canned and sold as canned corn is sugar corn. The purchaser who buys a can labeled as 'corn' unquestionably expects to get sugar corn and would undoubtedly be deceived if he received instead a can of field corn. The only condition under which canned field corn could be sold without objection would be under a label unequivocally designating it as field corn, with an additional statement clearly indicating that the product is not sugar corn, and with a further plain state-

SHOE PEG CORN
LYE HOMINY

ment of the addition of sugar, if sugar is added in the preparation of the product."

90 *Q. What is meant by "lye" hominy?*

A. Hominy prepared from white corn, treated with hot lye solution to loosen the tough hulls. After the hulls are removed, the hulled corn is thoroughly washed to remove the lye. The corn is then cooked until tender and put up in cans with weak brine.

91 *Q. What is kale?*

A. Kale is a variety of cabbage, its curled leaves being open instead of forming a head. The leaves are used as greens and are also canned, same as spinach.

92 *Q. What are the different grades of imported canned mushrooms?*

A. There are six grades: (1) *Miniature*—the smallest sized button, without stems, counting from 130 to 200 to an 8-ounce can; (2) *Sur Extra Small*—same grade as Miniature, but larger size, counting from 100 to 130 to an 8-ounce can; (3) *Extra*—same grade as Miniature and Sur Extra Small, but counting from 40 to 60 to an 8-ounce can; (4) *First Choice*—same button as Extra, but more open and with stems; (5) *Choice*—very open; stems longer than those of First Choice; liable to run irregular in size; (6) *Hotels*—stems and pieces left over in the packing of the other grades.

93 *Q. What are the different grades of domestic canned mushrooms?*

A. There are four grades: (1) *Miniature*—whole mushrooms without stems, counting from

100 to 110 to an 8-ounce can; (2) *First Choice 60-80s*—whole mushrooms with short stems, counting from 60 to 80 to an 8-ounce can; (3) *First Choice 30-40s*—whole mushrooms with short stems, counting from 30 to 40 to an 8-ounce can; (4) *Hotels*—stems and pieces from any or all of the other grades.

94 *Q. What kind of liquor is that in which mushrooms are canned?*

A. Mushrooms are put up in their own juice. Thus, the liquor in the cans is pure mushroom juice. It is used for flavoring purposes and in preparing cream of mushroom soup.

95 *Q. What are broiled mushrooms?*

A. Domestic canned mushrooms which, before canning, were broiled in butter and their own juice. They are canned without stems and are dark in color.

96 *Q. What should be the net weight of canned mushrooms in each of the four sizes of tins in which they come packed?*

A. The following weights of drained mushrooms represent the minimum quantities required by the Government to properly fill tins of the respective trade sizes:

Tins	Height	Diameter	Drained Mushrooms	
	Inches	Inches	Pounds	Ounces
1 kilo	4½	4	1	....
½ kilo	4½	2⅞	....	8
¼ kilo	3½	2¼	....	4
⅛ kilo	2 3/16	2¼	....	2

97 *Q. What are cepes?*

A. Wild mushrooms grown in France, where they are found especially in chestnut groves. They come to this country put up in cans, the same as the cultivated French mushrooms.

98 *Q. What is okra?*

A. The young pods of the okra, or gumbo, plant, which grows from 2 to 8 feet high. The pods have from 5 to 12 sides and grow from 2 to 10 inches long. They contain many small,

Okra Pods

kidney-shaped seeds. Okra is used principally in soups (gumbo soups) and in the preparation of some other dishes, mainly meat dishes, to which it gives a mucilaginous consistency and a pleasant flavor. It is canned both whole and cut.

99 *Q. What are the different kinds, grades, and sizes of canned peas?*

A. There are two principal kinds: (1) the *Early June* peas, maturing in June, and (2) the *Sweet* peas, maturing in July. The shape of the Early June pea is perfectly round, while that of the Sweet pea is somewhat irregular. The skin of the ripe, dried seed of the Early

June pea is smooth, and the skin of the ripe, dried seed of the Sweet pea is wrinkled.

There are three grades: (1) *Fancy* peas—young peas of uniform size and color; clear liquor; no flavor defects; absolutely tender; (2) *Extra Standard* peas—less succulent than the Fancy grade, but green and of mellow consistency; of uniform size and color, with clear liquor; reasonably free from flavor defects; (3) *Standard* peas—size fairly uniform, but not so tender as the Fancy grade; may be slightly hard; covered with reasonably clear liquor, though not necessarily free from sediment.

There are six sizes: No. 1, No. 2, No. 3, No. 4, No. 5, and No. 6, depending on the size of the mesh of the screen through which they can pass. Different packers give different names to the various sizes; thus, one packer may call his No. 1 peas "Tiny Sifted," while another may be putting out the same size as "Extra Small Sifted."

100 *Q. What is the official definition for each of the six canned pea sizes?*

A.

No. 1 peas are peas which were, before precooking (blanching), small enough to pass through a screen of 9/32-inch mesh.

No. 2 peas are peas which were, before precooking (blanching), small enough to pass through a screen of 10/32-inch mesh.

No. 3 peas are peas which were, before precooking (blanching), small enough to pass through a screen of 11/32-inch mesh.

No. 4 peas are peas which were, before precooking (blanching), small enough to pass through a screen of 12/32-inch mesh.

No. 5 peas are peas which were, before precooking (blanching), small enough to pass through a screen of 13/32-inch mesh.

No. 6 peas are peas not all of which were, before precooking (blanching), small enough to pass through a screen of 13/32-inch mesh.

101 *Q. What is meant by "Alaska" peas?*

A. "Alaska" is the trade name for one of the two varieties of Early June peas, the other being the Winner variety. The name "Alaska" is merely a classification and does not indicate the source of production.

102 *Q. Does the size of the pea have any bearing on the tenderness of the pea?*

A. No. The peas in a can may be of fancy quality and yet be No. 5 size, and they may be No. 2 size and yet be of Standard grade. The only reason some peas are not so tender as others is because they were canned a trifle beyond the time when their maturity reached perfection.

103 *Q. Why do the smallest sized peas cost so much more than the peas of the larger sizes?*

A. For the simple reason that they are scarce, there being on an average only two of them in each pod—one at each end.

104 *Q. Of what is the brine made in which peas are canned?*

A. Pure water, sugar, and salt.

105 *Q. What is the meaning of "Petit Pois," found on the labels of some cans containing peas?*

A. "Petit Pois" are the French words for "Small Peas," and are often used in labeling the No. 1 size peas—the smallest size.

106 *Q. What is considered a "properly filled" can of peas?*

A. According to the Bureau of Chemistry, U. S. Department of Agriculture, a properly filled can of peas should, in general, yield the following drained weights of peas, the weights being determined in each instance by draining for two minutes on a ⅛-inch mesh screen:

No. 1 can	7.5 oz. of peas
No. 2 can	13.5 oz. of peas
No. 10 can	72 oz. of peas

107 *Q. What is the cause of cloudy or muddy liquor in some canned peas?*

A. Cloudy or muddy liquor is caused chiefly by overcooking. Sometimes it is due to failure to cool the cans immediately after the cooking process. In some seasons when there is a long period of dry weather, the peas contain more starch than in normal seasons, which makes it difficult to sterilize the larger sizes without causing the peas to burst and cloud the liquor.

108 *Q. What is meant by "soaked" peas?*

A. Peas labeled "soaked" are canned dried peas, as distinguished from peas that were packed green. "Soaked" peas may be prepared either from ripe peas (allowed to ripen on the vine) or from dried peas (picked before ripen-

ing and dried). Unless labeled "Soaked," they should be labeled "Prepared from Ripe Peas" or "Prepared from Dried Peas," as the case may be. The label of "Soaked" peas should not carry an illustration showing peas in the pod. A proper illustration, and one allowed by the Bureau of Chemistry, U. S. Department of Agriculture, would be a dish containing shelled peas.

109 *Q. What are pimientos, and how are they prepared?*

A. Pimientos are large, sweet, red peppers. They are first boiled in oil, chiefly to soften the skin, after which they are cooked in steaming kettles of water. The pimientos are then peeled and put through another cooking process, in the course of which they give off the sweet, peculiarly flavored juice in which they are put up. Some packers peel the pimientos by first roasting them. The roasting process chars and burns the outer peel or skin of the pepper and makes it easy to remove.

110 *Q. What is succotash?*

A. Succotash is a North American Indian word, meaning a mixture of green corn and green lima beans. Both fresh and dried lima beans are used by canners, the usual proportion being 25 per cent of lima beans and 75 per cent of corn. (When dried lima beans are used, the Government requires that the fact be so stated on the label.)

111 *Q. Is any water added to tomatoes in the process of canning?*

A. No. The water in the cans is the natural juice of the tomatoes.

112 *Q. What is tomato puree?*

A. Tomato puree is made from the pulp of tomatoes, from which all skins, cores, and seeds have been removed. The pulp is cooked down to a heavy consistency—about that of canned tomato soup. Tomato puree is put up both with and without salt.

113 *Q. What is tomato paste?*

A. Tomato paste is concentrated tomato puree and is made by boiling down the tomato puree under vacuum. It is put up in 5-oz. and 6-oz. cans. Some packers flavor the tomato paste with bay leaves.

114 *Q. Do the canners use copper salts for greening peas, string beans, spinach, and other such vegetables?*

A. No, none of them do. The greening of vegetables or of any other kind of foodstuffs with copper salts is expressly prohibited by the Government. There used to be imported from Europe canned vegetables that were greened with copper salts, but the Government has stopped the importation of such products.

115 *Q. What are the various vegetables that are put up in No. 10 cans (so-called gallon cans) in addition to the usual smaller sized cans?*

A.

Asparagus	Hominy
Beans, String	Okra
Beans, Kidney	Okra and Tomato
Beans, Lima	Peas
Beans, with Pork	Pumpkin
Beans, without Pork	Sauerkraut

Beets
Cabbage
Carrots
Cauliflower
Corn
Corn on Cab
Spinach
Squash
Succotash
Sweet Potatoes
Tomatoes
Tomato Puree

VII. Canned Foods — General

116 *Q. What makes canned foods keep?*

A. The food is sealed in air-tight cans, which prevents contamination from the outside. It is then heated to such a temperature and for such a time as will destroy the bacteria in it that would otherwise cause spoilage.

117 *Q. Are foods fresh when canned?*

A. In commercial canning plants the raw material goes direct, and without delay, from the point of production to the can. Delay would mean a lower grade product, bringing a lower price, and the canner, in his own interest, if for no other, packs the product while it is fresh.

118 *Q. Are any chemical preservatives used in the canning of foods?*

A. No, none whatever. Preservation is accomplished solely by the application of heat. Chemical preservatives are unnecessary and are not used in the commercial canning industry. Their use would simply be a needless expense with no additional advantage.

119 *Q. Are canned foods safe?*

A. The best answer is probably that given in "Hygeia," the health journal of the American Medical Association: "Under present conditions of commercial canning, there are few safer foods."

120 *Q. What causes canned goods sometimes to "swell"?*

A. There are two chief causes: (1) insufficient sterilization and (2) imperfect sealing.

Sometimes the swelling of a can is due to overfilling, but this happens very seldom. Unless the contents of the can are thoroughly sterilized and the can is perfectly sealed, bacteria are sure to form; this always results in the formation of gas, which causes the can to "swell."

121 *Q. Are swelled canned goods fit for food purposes?*

A. That would depend on whether the swelling is due to decomposition or whether it is due to overfilling, as is sometimes the case. As the cause cannot be determined without a chemical analysis, and as in nearly all instances the swelling is due to decomposition, the contents of bulged cans should not be used for food.

122 *Q. Do canned foods deteriorate with age?*

A. No. Age does not change the condition of the contents, provided the contents have been thoroughly sterilized and the can is in perfect condition.

123 *Q. Does discoloration on the inside of a can mean that the contents are spoiled?*

A. Discoloration on the inside of the can does not indicate spoilage, nor does the discoloration produce changes in the food that have harmful results. Every housewife knows that some vegetables, like string beans, tarnish the vessel in which they are cooked, and the discoloration in a tin can is no more harmful to the food in it than this tarnish on the cooking vessel.

124 *Q. Why are some cans lacquered on the inside?*

A. Cans with lacquered lining, commonly re-

ferred to as "enameled" cans, are used in packing certain products containing acids and having a high natural color, in order to prevent the bleaching effect that would be caused by the action of the tin coating of the plain cans on the coloring matter.

125 *Q. What should be done with canned foods that have frozen?*

A. Do not put them in a warm place. The cans should be thawed out very gradually in a low, dry temperature of about 40 degrees Fahrenheit. If this is done, the contents will not suffer any noticeable deterioration.

126 *Q. What should be the exact dimensions of a No. 1 can, a No. 2 can, a No. 2½ can, and a No. 3 can, such as are used in canning fruits and vegetables?*

A. While some packers use cans known as No. 1, No. 2, No. 2½, and No. 3, which vary slightly in dimensions from the sizes generally used, the following dimensions apply to cans that are predominantly used by the canning industry and are generally accepted as standard sizes:

	Diameter	Height
No. 1	2 11/16 inches	4 inches
No. 2	3 7/16 inches	4 9/16 inches
No. 2½	4 1/16 inches	4 11/16 inches
No. 3	4 1/4 inches	4 7/8 inches

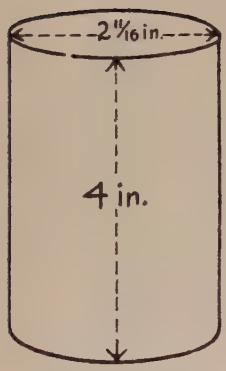
127 *Q. What are the various meat items that are put up in cans?*

A.

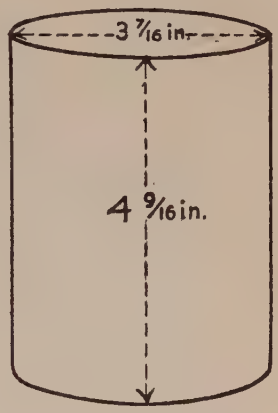
Bacon, Sliced
Beef, Roast
Mutton, Roast
Pig's Feet

(Continued on p. 54)

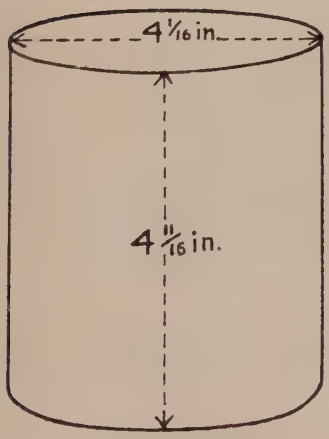
DIMENSIONS OF STANDARD CANS



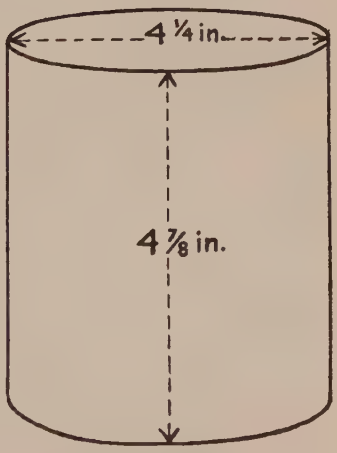
No. 1 can



No. 2 can



No. 2½ can



No. 3 can

Beef, Corned	Sausage
Beef, Dried	Tongue, Calf's
Chicken, Boneless	Tongue, Lamb's
Chicken, Deviled	Tongue, Ox
Ham, Deviled	Tripe, Boiled
Liver	Turkey
Meat, Potted	Veal Loaf

128 *Q. What is tripe?*

A. Tripe is the white, thick, honeycomb-like inner lining of the stomach of a calf or a steer. It is cleaned, boiled, and canned in milk. While it has practically no flavor, many appetizing dishes are prepared from it.

129 *Q. Are all canned meats subject to Government inspection and regulations?*

A. Yes, and this includes stews and all soups with a meat base.

130 *Q. What are the various ready-made meat and fish dishes that are put up in cans?*

A.

Beef à la Mode	Creamed Salmon
Chicken Curry	Chop Suey
Chicken à la King	Hash
Chili Con Carne	Tamales
Creamed Codfish	Goulash, Hungarian Style
Creamed Finnan Haddie	Lobster à la Newburg

131 *Q. What is tamale?*

A. Tamale is a Mexican dish, prepared from cornmeal and minced meat, flavored with chili peppers, garlic, and spices. The ingredients are rolled into balls, dipped in oil, and steam-cooked.

132 *Q. What are some of the other items besides fruits, vegetables, fish, and meats that are put up in cans?*

A.

Bread, Boston Brown	Mince Meat
Catsup	Molasses

Cider
Cheese
Chili Sauce
Chow Chow
Milk, Buttermilk
Milk, Condensed
Milk, Evaporated
Milk, Goat's
Nut Meats
Pudding, Fig
Pudding, Plum
Salad Dressing
Soups
Syrups
Spaghetti, Tomato Sauce
Spiced and Pickled Fruits
Welsh Rarebit

133 *Q. What should be the net weight of each of the various canned food products in each of the several sizes of cans?*

A. The following list of weights of contents has been agreed upon by the Conference Committee of the National Wholesale Grocers' Association and the National Canners' Association:

FRUITS

	NO.	LBS.	OZ.
Apples	2	1	2
	2½	1	10
	3	1	14
	5	3	3
	10	5	14
solid pack	10	6	0
Apple and Peach Butter	1	0	12
	2	1	7
	2½	2	0
	3	2	7
	5	4	0
	10	7	8
Apple Sauce	1	0	11
	2	1	4
	2½	1	13
	3	2	2
	5	3	8

	NO.	LBS.	OZ.
Apple Sauce	10	6	10
Blackberries, Water	1	0	10½
	2	1	3
	2½	1	12
	3	2	1
	5	3	7
	10	6	7
Heavy Syrup	1	0	11
	2	1	5
	2½	1	14
	3	2	3
	5	3	11
	10	6	14
Blueberries, Water	2	1	3
	2½	1	12
	10	6	7
Heavy Syrup	2	1	4
	2½	1	13
	5	3	10
	10	6	9
California Fruits			
Fancy	3	2	4
Fancy	2½	1	14
Choice	2½	1	14
Standard	2½	1	13
Second	2½	1	13
Water	2½	1	13
Fancy	10	6	14
Choice	10	6	11
Standard	10	6	8
Water	10	6	4
Pie	10	6	8

	NO.	LBS.	OZ.
Fancy (Tall Can)	2	1	4
Choice (Tall Can)	2	1	4
Standard (Tall Can)	2	1	4
Fancy (Flat Can)	2	1	4
Choice (Flat Can)	2	1	3
Fancy (Tall Can)	1	1	0
Choice (Tall Can)	1	1	0
Standard (Tall Can)	1	1	0
Fancy (Flat Can)	1	0	14
Choice (Flat Can)	1	0	14
Standard (Flat Can)	1	0	14
Choice (Picnic Can)		0	11
Standard (Picnic Can)		0	11
Cherries, Pitted, in Water	1	0	10½
	2	1	4
	2½	1	13
	3	2	2
	5	3	8
	10	6	9
Heavy Syrup	1	0	11½
	2	1	5
	2½	1	15
	3	2	4
	5	3	12
	10	7	0
Cranberry Sauce	2	1	7
	5	4	0
	10	7	8
Figs—California			
Fancy (Individual Can)		0	6
(Flat Can)	½	0	9
(Tall Can)	1	0	15

	NO.	LBS.	OZ.
(Flat Can)	1	0	13
(Tall Can)	2	1	4
(Squat Can)	2	1	6
	2½	2	0
(Tall Can)	2½	1	14
	10	7	0
Water, Whole ripe	10	6	11
Southern	¾	0	11
	½	1	3
Gooseberries, Water	1	0	10½
	2	1	3
	2½	1	13
	3	2	2
	5	3	7
	10	6	8
Heavy Syrup	1	0	11½
	2	1	5
Grapefruit	1	0	11
	2	1	4
	2½	1	13
	5	3	8
	10	6	10
Jams	1	0	13
	2	1	8
	2½	2	3
	5	4	4
	10	8	0
Loganberries, Water	1	0	10½
	2	1	3
	2½	1	12
	5	3	7
	10	6	7

	NO.	LBS.	OZ.
Heavy Syrup	1	0	11
	2	1	5
	2½	1	14
	5	3	11
	10	7	0
Marmalade	1	0	13
	2	1	8
	2½	2	3
	5	4	4
	10	8	0
Preserves	1	0	13
	2	1	8
	2½	2	3
	5	4	4
	10	8	0
Peaches, Water	1	0	10½
	2	1	3
	2½	1	12
	3	2	1
	5	3	7
unpeeled and peeled	10	6	7
Heavy Syrup	1	0	11
	2	1	5
	2½	1	14
	3	2	3
	5	3	11
	10	6	14
Pears, Water	1	0	12½
	2	1	3
	2½	1	12
	3	2	1
	5	3	7

	NO.	LBS.	OZ.
Pears, Water	10	6	7
Heavy Syrup	1	0	11
	2	1	4
	2½	1	13
	3	2	2
	5	3	9
	10	6	11
P'Apple, Haw. (Buffet Can)	1	0	9
(Tall Can)	1	0	14
(Squat Can)	2	1	7
(Tall Can)	2	1	4
(Tall Can)	2½	1	14
Water	10	6	8
Heavy Syrup	10	6	10
Baltimore, Sliced (Flat)	1	0	9
	2	1	4
Cocktail (Tall)	1	0	11
Grated	1	0	11
Pie, Grated	2	1	4
Plums, Water	2	1	3
	2½	1	12
	3	2	1
	5	3	7
	10	6	7
Heavy Syrup	2	1	5
	2½	1	14
	3	2	3
	5	3	11
	10	6	14
Prunes, Prepared	2	1	4
	2½	1	14
	10	6	14

	NO.	LBS.	OZ.
Italian	2	1	4
	2½	1	14
	3	2	3
	5	3	10
	10	6	12
Raspberries, Red, Water	1	0	10½
	2	1	3
	2½	1	12
	5	3	7
	10	6	7
Heavy Syrup	1	0	11
	2	1	5
	2½	1	14
	5	3	11
	10	6	14
Black, Water	1	0	10½
	2	1	3
	2½	1	12
	5	3	7
	10	6	7
Heavy Syrup	1	0	11
	2	1	5
	2½	1	14
	5	3	11
	10	6	14
Strawberries, Water	1	0	10½
	2	1	3
	2½	1	12
	3	2	1
	5	3	7
	10	6	7
Heavy Syrup	1	0	11

	NO.	LBS.	OZ.
Heavy Syrup	2	1	5
	2½	1	14
	3	2	3
	5	3	11
	10	6	14
VEGETABLES			
Assorted Vegetables	2	1	3
Asparagus (Tall Can)	1	1	0
(Tall Can)	2	1	3
(Round Can)	2½	1	13
(Square Can)	2½	1	14
(Round Can)	3	2	2
	10	6	4
Asparagus Tips (Square Can)	1	0	15
(Picnic Can)		0	10½
Beans, String, Green, Wax	1	0	10½
	2	1	3
	3	2	1
	5	3	6
	10	6	6
Kidney	1	0	11
	2	1	4
	2½	1	13
	3	2	3
	5	3	10
	10	6	12
Lima	1	0	11
	2	1	4
	2½	1	13
	5	3	9
	10	6	10
and Pork (Individual Can)		0	9

	NO.	LBS.	OZ.
and Pork (Individual Can)	1	0	11
.....	2	1	4
(Short)	2	1	2
.....	2½	1	13
.....	3	2	3
.....	5	3	10
.....	10	6	12
Beets	1	0	11
.....	2	1	4
.....	2½	1	12
.....	3	2	1
.....	5	3	8
.....	10	6	9
Cabbage	2	1	3
.....	2½	1	11
.....	3	2	0
.....	5	3	5
.....	10	6	1
Carrots	2	1	4
.....	2½	1	13
.....	3	2	1
.....	5	3	8
.....	10	6	8
Cauliflower	2½	1	12
.....	3	2	1
.....	10	6	8
Corn	1	0	11
.....	2	1	4
.....	5	3	6
.....	10	6	7
on Cob	2	1	9
.....	3	2	6

	NO.	LBS.	OZ.
on Cob	10	6	0
Hominy	2	1	4
	2½	1	13
	3	2	2
	5	3	8
	10	6	11
Okra	1	0	10½
	2	1	3
	2½	1	12
	3	2	1
	5	3	6
	10	6	5
and Tomato	1	0	10½
	2	1	3
	2½	1	12
	3	2	1
	5	3	6
	10	6	6
Peas	1	0	11
	2	1	4
	5	3	9
	10	6	10
Pumpkin and Squash	2	1	4
	2½	1	12
	3	2	1
	5	3	7
	10	6	8
Rhubarb, Water	3	2	0
	10	6	4
Heavy Syrup	10	6	7
Sauerkraut	2	1	3
	2½	1	11

	NO.	LBS.	OZ.
Sauerkraut	3	2	0
	5	3	5
	10	6	4
Spinach (Individual Can)		0	5
	1	0	10
(Tall—Calif. Fruit Can)	1	0	15
	2	1	3
	2½	1	11
	3	2	0
	5	3	5
	10	6	4
Spaghetti	1	0	11
	2	1	5
Succotash	1	0	11
	2	1	4
	5	3	7
	10	6	8
Sweet Potatoes	2	1	3
	2½	1	11
	3	2	0
	5	3	6
	10	6	4
Tomatoes	1	0	10
(Tall—Calif. Fruit Can)	1	0	15
	2	1	3
	2½	1	11
	3	2	1
(5 inch)	3	2	2
	5	3	6
	10	6	4
Tomato Puree	1	0	10½
	2	1	4

	NO.	LBS.	OZ.
Tomato Puree	10	6	6
Paste (5 oz.)		0	5
(6 oz.)		0	6
FISH AND SHELLFISH			
Clam Chowder	1	0	10½
	2	1	3
	2½	1	12
	3	2	1
	5	3	6
	10	6	6
(Short)	1	0	5
Clams	1	0	10
	2	1	4
(Short)	2	0	15
Minced	½	0	6½
	1	0	10
Crabmeat (Flat Can)	½	0	7
Lobster	¼	0	3
	½	0	6
	¾	0	9
	1	0	12
Oysters, 2-11/16 x 2-3/4		0	7
2-11/16 x 3-6/16		0	8½
2-11/16 x 4		0	10
3-3/8 x 3-15/16		1	0
3-3/8 x 4-2/16		1	1
3-3/8 x 4-9/16		1	3
Salmon, Columbia River	½	0	7¾
(Tall Can)	1	0	15½
(Flat Can)	1	0	15½
(Oval Can)	1	1	0
(Oval Can)	½	0	8

	NO.	LBS.	OZ.
Alaska and Puget Sound			
(Flat Can)	½	0	8
(Flat Can)	1	1	0
(Tall Can)	1	1	0
Sardines	¼	0	3¼
	¾	0	11
(Oval Can)	1	0	15
Shrimp, Dry	1	0	5
	1½	0	8¼
Wet	1	0	5¾
	1½	0	9¾
Tuna	¼	0	3½
	½	0	7
	1	0	13
MISCELLANEOUS			
Chili Con Carne	½	0	5
	1	0	10
Milk, Evaporated (Baby Can)		0	6
(Family Can)		0	12
(Tall Can)		1	0
(Gallon Can)		8	0
Soup	1	0	10
	2	1	3
	2½	1	11
	3	2	0
	5	3	5
	10	6	4
Syrup	1	0	12
	1½	1	2
	2½	2	3
	5	4	8
	10	9	3

VIII. Cereals and Beans

134 *Q. How many varieties of rice are there and how do they differ?*

A. There are three varieties: (1) Head, or Honduras Style, (2) Japan Style, and (3) Blue Rose.

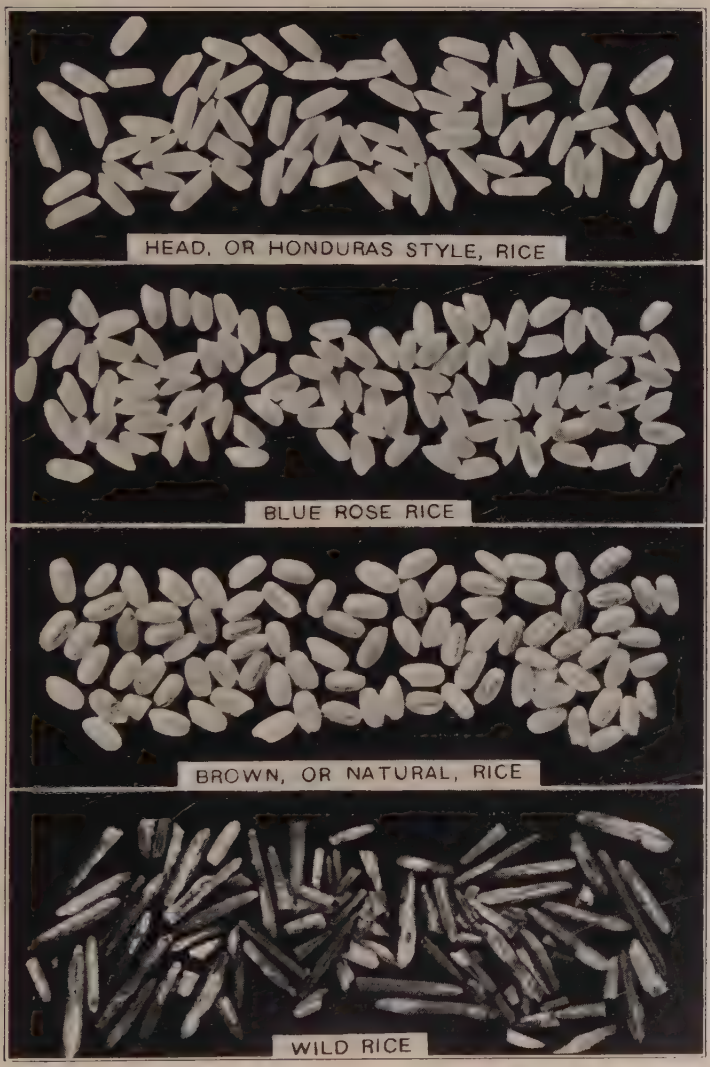
The Honduras Style is a long, slender bean and the Japan Style is a short, round bean, while the Blue Rose is sort of medium between the two. Japan Style rice is seldom found in grocery stores. Blue Rose rice is the popular seller on account of its lower price, due to the fact that this variety yields more bushels per acre.

135 *Q. Why is the word "style" used after the words "Honduras" and "Japan" in labeling rice?*

A. Because these rices, while grown from seed originally brought from Honduras and Japan, are grown in the United States, and the Government does not allow a rice to be labeled or sold as "Honduras" or "Japan" unless it was actually grown in those places. (The designations "Honduras Rice" and "Japan Rice" are allowable if followed by such statements as "Grown in the United States," "Grown in Mexico," etc.)

136 *Q. Why is Blue Rose rice so called?*

A. It was so named by the Louisiana planter who discovered this variety of rice and who wanted to give it a distinctive and unusual name. (There is no blue rose.)


HEAD, OR HONDURAS STYLE, RICE
BLUE ROSE RICE
BROWN, OR NATURAL, RICE
WILD RICE

137 *Q. How is rice polished?*

A. The polishing of rice is effected by friction against the rice of pieces of moose hide or sheepskin. The latter are tanned and worked to a high degree of softness, loosely tacked around a revolving double cylinder of wood and wire gauze. The friction removes the outer layers of the grain, which gives the rice its pearly luster. The polishing process improves the commercial value of the rice, but decreases its food value, for the outer layers of the rice grain are the most nutritious part of the rice.

138 *Q. What kind of rice is the so-called brown rice?*

A. This is rice just as it is taken out of the hulls, before being polished. Has a brownish color and a somewhat nutty flavor. While much more nourishing than the polished rice, the brown rice, also known as natural rice, is not much in demand on account of its unattractive appearance.

139 *Q. What is wild rice and for what is it used?*

A. Wild rice, also known as Indian rice and as Water rice, is the seed of a tall water grass, growing in shallow waters. The grains are long and thin and are greenish in color. This rice is very nourishing and has a peculiar flavor which is relished by many. While it is chiefly used as dressing with roast game, it is also used in the preparation of many other dishes.

140 *Q. What is the difference between rice flour and rice polish?*

A. Rice flour is produced by grinding the rice; rice polish is the product of the soft brushes used in polishing rice when the brown coating is removed to produce the familiar white rice of commerce. Rice polish is a highly concentrated food, more nutritious than rice itself, because it contains valuable chemical ingredients from the surface of the grain.

141 *Q. What is the difference between "Flake" hominy, "Granulated" hominy, and "Pearl" hominy?*

A. The accompanying photographic illustrations show clearly the difference between these three forms of dry hominy.

142 *Q. What are the different grades of barley?*

A. Barley is graded in size from Fancy No. 0000, the finest, to Common No. 4, the coarsest. The grades are: Fancy 0000, Fancy 000, Fancy 00, Fancy 0, Common 1, Common 2, Common 3, Common 4.

143 *Q. What is meant by "Pearl" barley?*

A. Barley grains that have undergone a polishing process.

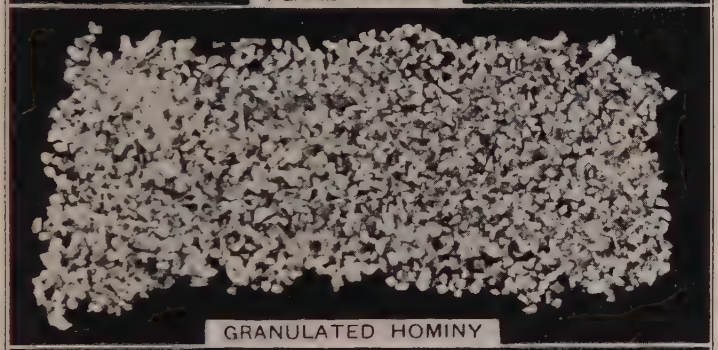
144 *Q. What is meant by "Scotch Style" barley?*

A. Coarsely ground barley grains.

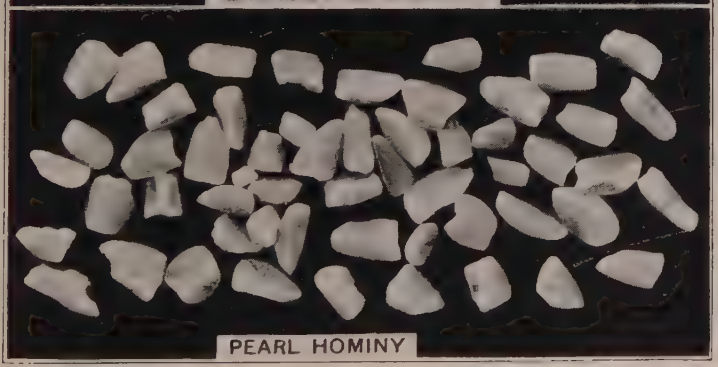
145 *Q. What is meant by "water-ground" cornmeal?*

A. The term "water-ground" is used in connection with cornmeal manufactured by the old-fashioned process of grinding the entire kernel, germ and all, and does not necessarily imply that the cornmeal was produced in a mill driven by water.

FLAKE HOMINY



GRANULATED HOMINY



PEARL HOMINY

146 *Q. What is meant by "steel-cut" oatmeal?*

A. Oat grains (not rolled oats) that have been cut into particles by special cutting machines.

147 *Q. What is meant by "Scotch Style" oatmeal?*

A. Coarsely ground oat grains (not rolled oats).

148 *Q. What is farina?*

A. Farina, also known as semolina, is the gluten part of the wheat kernel, its choicest and most nutritious part. It consists of what are known as "middlings"—the hard particles of the wheat kernel, left in sifting the flour—and differs from flour in that it can be cooked as a breakfast dish, which, of course, is impossible with flour.

149 *Q. What are lentils?*

A. Small, round, flat beans, convex on both sides, about one-fifth inch in diameter. They grow two in a pod and are eaten when fully ripe. Used largely by the foreign-born population in soups and stews.

150 *Q. What is the difference between the Michigan and the California navy beans?*

A. There are two sizes of California navy beans, "small" and "large." In size the Michigan bean is between these two. The Michigan beans cook more quickly than the California beans, and for this reason the two should never be mixed together; the Michigan beans would be cooked when the California beans would be only partly cooked.

151 *Q. What kind of bean is the Pinto bean?*

A. The Pinto bean is of about the size of the navy bean, being rather flat in shape and freely speckled with brown. Its food value and flavor are in every way equal to those of the standard navy bean. It takes its name from the calico spotted pinto pony of the West. The Pinto bean cooks more easily than the navy bean, and is more tender.

152 *Q. What kind of bean is the Kintoki bean?*

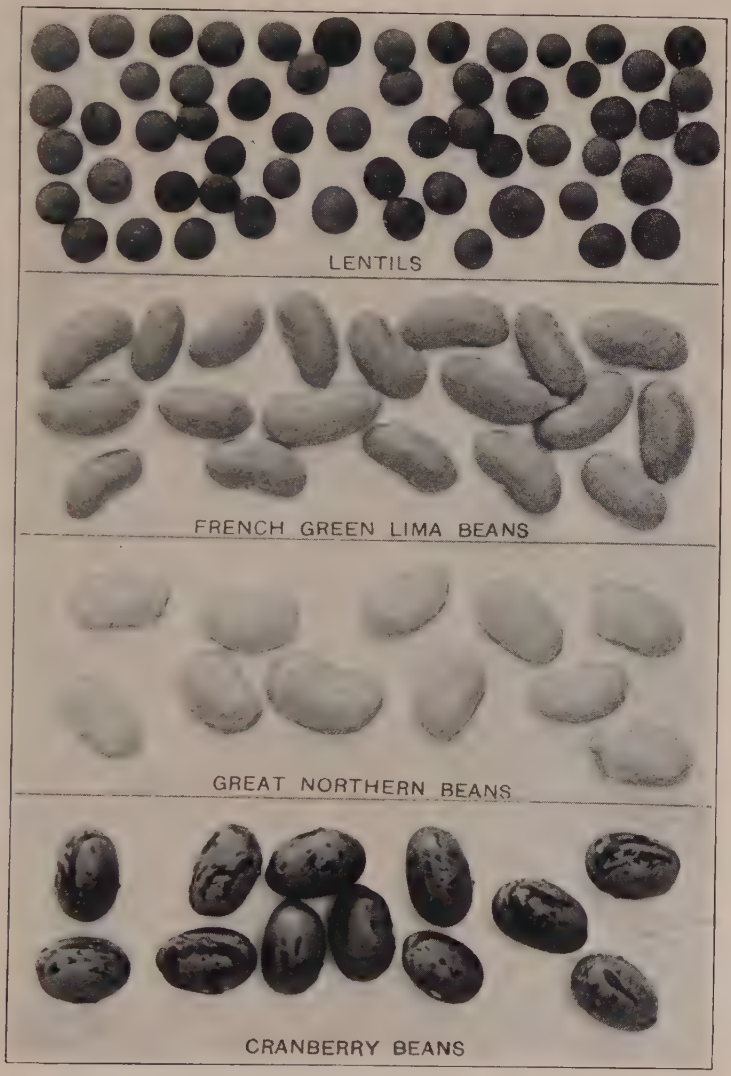
A. A large red bean, grown in China and Japan. Used extensively in making chili con carne.

153 *Q. What are French Green Lima beans, Great Northern beans, Cranberry beans?*

A. The accompanying illustration shows the sizes and shapes of these three varieties of beans. The French Green Lima beans, generally known as Flageolets, are picked before they are mature and are of light green color. The Great Northern beans are white in color, while the Cranberry beans are speckled with brown like the pinto beans.

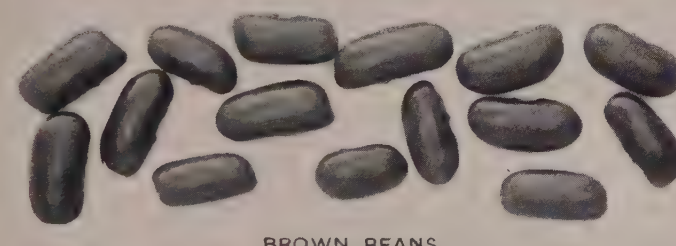
154 *Q. How do the "Pink," "Red," "Brown," and "Red Kidney" beans differ?*

A. See accompanying illustration for differences in sizes and shapes. The color of the "Pink" beans is brownish pink; that of the "Red" beans is maroon; that of the "Brown" beans is light brown, while the color of the "Red Kidney" beans is reddish brown.

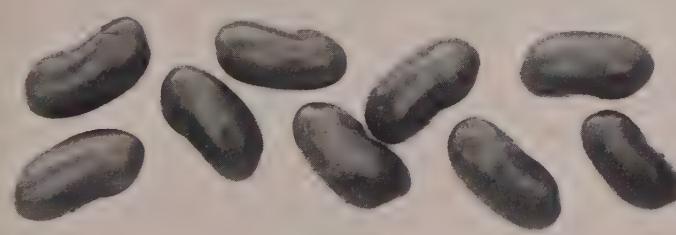

LENTILS
FRENCH GREEN LIMA BEANS
GREAT NORTHERN BEANS
CRANBERRY BEANS

PINK BEANS

RED BEANS



BROWN BEANS



RED KIDNEY BEANS

IX. Cheese

155 *Q. Why are there so many varieties of cheese on the market?*

A. The many varieties of cheese are due to the variations with respect to the kind of milk used, the proportion of butter fat or cream retained in or added to the milk, with respect to the methods followed in separating, preparing, seasoning, and handling the curd, and to the handling and ripening of the cheese.

156 *Q. Is artificial coloring used in making cheese?*

A. Yes. Practically all varieties of cheese on the market are colored with harmless coloring matter. This is allowed by an Act of Congress.

157 *Q. What kind of cheese is the cheese known as American cheese?*

A. This cheese, also known as American cheddar and as "store" cheese, is made from sweet milk—whole, partly skimmed, or skimmed—in round loaves, weighing all the way from 10 to 60 pounds. It is usually pale to darker yellow in color, though it may be white, when uncolored. Fresh American cheese is soft and quite mild. When well ripened, it has a sharp taste and is hard enough for grating. It is the most commonly used cheese in this country. Several varieties of so-called package cheese are made from it. It is named "cheddar" after the English village of Cheddar, where this cheese was originally made.

158 *Q. What is meant by "full cream" cheese?*

A. The term "full cream" is commonly applied to American cheese made from unskimmed milk; that is, milk retaining all of its cream, and does not imply that the cheese is made from cream.

159 *Q. What kind of cheese is Emmenthaler cheese?*

A. Emmenthaler is another name for imported Swiss cheese. It is made from whole milk or from partly skimmed milk and is ripened by special gas-producing bacteria, causing the characteristic "eyes" or holes of this cheese. It is a mild cheese, rather dry, and has a distinctive, somewhat sweet, flavor. (A similar cheese, known as "Domestic Swiss," is made in the United States, but it is not equal in flavor to the imported.)

160 *Q. What kind of cheese is Limburger cheese?*

A. Soft cheese, made by the Limburger process. It is ripened in damp atmosphere, and has a strong odor, which is caused by forced fermentation. Comes put up in 1-lb. and 2-lb. bricks. Originally made at Limburg, Belgium.

161 *Q. What kind of cheese is the cheese known as Brick cheese?*

A. This is a semi-hard, ripened cheese, made in this country by the American brick cheese process. It has an elastic, more or less open texture, and a strong, sweetish taste. In appearance and taste it stands between the Swiss and the Limburger cheese. It is put up in bricks weighing about five or six pounds.

162 *Q. What kind of cheese is Camembert cheese?*

A. Soft cheese, originally made in France. Has a strong flavor and odor. Usually put up in small, round, wooden boxes and in round tins. A similar cheese is made in this country.

163 *Q. What kind of cheese is Edam cheese?*

A. Hard cheese, made in Holland by the Edam process. It is moulded in spherical forms, and is usually coated with harmless dark red color or with paraffine. Each cheese weighs from three to four pounds. A similar cheese is made in this country and is sold as "Edam Style" cheese.

164 *Q. What kind of cheese is Sage cheese?*

A. It is a regular American cheese, differing only in that sufficient sage extract and crushed sage leaves are added to the curd to give it the sage flavor.

165 *Q. What kind of cheese is "cream" cheese?*

A. This is a soft, grainless cheese, made from cream or from milk to which a large percentage of cream has been added. It is usually sold in small pieces, weighing three or four ounces, wrapped in tin foil. This cheese is very similar to the Neufchatel, the French cream cheese, and is often sold as "Neufchatel type" cheese. The cream cheese is also sold flavored with finely chopped pimientos.

166 *Q. What kind of cheese is Brie cheese?*

A. This is a soft cheese, similar to the Camembert. Originally made in France. American cheese manufacturers are making Brie cheese in every respect as fine as the imported article.

167 *Q. What kind of cheese is Sap Sago cheese?*

A. A hard skim-milk cheese, produced in Switzerland. It contains a powdered aromatic clover in the proportion of 1 pound to every 4 pounds of cheese, which gives to the Sap Sago cheese its characteristic flavor and green color. This cheese is made in conical moulds, each piece weighing about a third of a pound. The Sap Sago cheese is quite inexpensive and is used largely for grating purposes, especially over bread and butter.

168 *Q. What kind of cheese is Primost cheese?*

A. This cheese is a by-product of American cheese, being made of whey and brown sugar. It has a distinctive flavor, and is especially liked by the Scandinavian people. Usually comes in 2½-lb. pieces.

169 *Q. What kind of cheese is Parmesan cheese?*

A. A very hard cheese, made in Italy. When broken, it has a granular appearance. In this country it is usually sold grated and put up in bottles. It is used for serving with soups, for seasoning macaroni, and for other similar purposes. Will keep for years.

170 *Q. What kind of cheese is Reggiano cheese?*

A. The Reggiano cheese is imported from Italy and comes in loaves and also in granulated form. The loaves average from 45 to 70 pounds, are blackened outside, and are of rich yellow color inside. The grated Reggiano cheese comes in jars and is used chiefly for flavoring soups and macaroni. It takes from two to four years to properly cure this cheese.

171 *Q. What kind of cheese is Roquefort cheese?*

A. This is a semi-hard cheese made in France from either sheep's or goat's milk. The green, mottled appearance of this cheese is due to the green molds which develop around the bread crumbs that are used in preparing it. It is this green mold that gives the Roquefort cheese its characteristic flavor. A similar cheese, equal to, if not better than the imported, is made in this country, and is usually sold under the name of "Roquefort Style" cheese.

172 *Q. What kind of cheese is Gorgonzola cheese?*

A. This cheese is an Italian cousin of the Roquefort cheese and is called the Italian Roquefort. It is made from cow's milk in loaves weighing about 20 pounds each, and derives its name from the village of Gorgonzola, near Milan, where it was first made.

X. Cocoa and Chocolate

173 *Q. How is chocolate obtained?*

A. By grinding the roasted cocoa beans to a pasty mass and moulding this into tablets. The cocoa beans are the seeds of the pod-like fruit of the cacao tree, which grows in the tropics. The pods, which are found largely on the trunk of the tree, have a hard, thick shell, and are from 6 to 12 inches long and from 3 to 4½ inches in diameter. There are from 20 to 50 beans in each pod. After the hard shells of the pods have been broken, the seeds are cleaned, dried, cured, roasted, crushed, and ground. It is the roasting that develops the familiar chocolate flavor.

Cocoa Pods

174 *Q. How is cocoa obtained?*

A. Cocoa is made from chocolate after about one-half of its butter has been extracted; the residue is finely pulverized. Cocoa is thus considerably less rich in fat than chocolate.

175 *Q. What is the difference between "Bitter"*

chocolate, "Sweet" chocolate, "Milk" chocolate, and "Premium" chocolate?

A. Bitter chocolate is produced by grinding the roasted cocoa beans, without the removal of any of the fat or anything else, except the germ. *Sweet* chocolate is made from bitter chocolate to which sugar has been added. Sometimes spices and other flavoring materials are also added. *Milk* chocolate contains not less than 12 per cent of whole milk solids. It is usually made from sweet chocolate, although it need not necessarily contain sugar. *Premium* chocolate is the trade name for bitter chocolate put up in small cakes, the usual sizes being 1/5-lb., ¼-lb., and ½-lb. cakes.

176 *Q. What is Dutch cocoa or Dutch-process cocoa?*

A. Dutch cocoa or Dutch-process cocoa is cocoa in the manufacture of which an alkali carbonate, or other alkaline substance, has been employed. The alkaline treatment gives the cocoa a darker color, making it resemble chocolate, and is supposed to make it more soluble than ordinary cocoa.

177 *Q. Why do some cocoas cost more than others?*

A. There are different grades of cocoa, some costing more than others to produce. The different grades are determined by the quality of the beans used (there are many grades of cocoa beans on the market), and by the methods of blending and roasting used to produce smoothness, uniformity, and richness.

178 *Q. What percentage of fat (cocoa butter) does chocolate contain?*

A. The Government ruling is that no chocolate may be so labeled unless it contains not less than 45 per cent of cocoa fat, the fat the beans naturally contain. Most brands of chocolate on the market contain the minimum fat required —45 per cent.

XI. Coffee

179 *Q. How does coffee grow?*

A. The coffee plant is an evergreen shrub, averaging from ten to fourteen feet in height. It bears fruit twice a year. The ripe fruit has a bright red color and resembles the common cherry. The outer covering is a tough hull; under this is a pulpy material, within which are found the green coffee beans, each covered with a thin parchment. The flat beans grow two in a pod, and the round beans, known as "peaberries," grow one in a pod. Every coffee bush produces peaberries as well as flat coffee beans. The peaberries are usually found at the top of the bush, and are separated from the flat beans after the hulling process.

Coffee Branches

180 *Q. What are the principal varieties of coffees?*

A. There are two general varieties: Brazil coffees and Mild coffees. Under the Brazils are included the Santos and Rio coffees, while the Mild coffees include the varieties known as Java, Mocha, Maracaibo, Bogota, Guatemala, Porto Rican, Mexican, and a few others. The Brazil coffees constitute about two-thirds of the world's coffee crop.

181 *Q. Why is nearly every roasted coffee on the market a mixture of two or more varieties?*

A. Practically every variety of coffee has a characteristic of its own. Coffees are mixed in order to produce desired blends. Thus, if it is desired to give a cup of Santos more body, for instance, Maracaibo is added; if a somewhat acidy taste is wanted, Bourbon Santos is added; if a particularly good flavor and good color are wanted, Bogota is added; and so on.

182 *Q. What are "washed" and "unwashed" coffees?*

A. These terms indicate merely two different methods of treatment used. "Washed" coffees are produced in this way: After the fleshy part of the coffee cherry has been "pulped," the berries are soaked in water for a while in order that what remains of the fleshy part may be removed; the berries are then dried, after which the yellow parchment that covers each bean is removed.

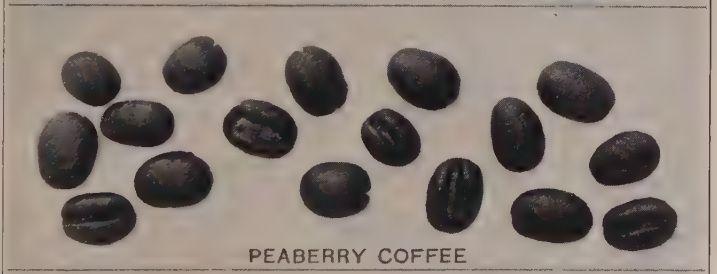
The "unwashed," or what are better known as "natural," coffees are dried in the cherry, after which both the dry pulp and parchment are removed by means of a hulling machine.

The "washed" coffees are identified by the white stripe on the flat side of the beans; the "natural" coffees do not have such a white stripe. It is important to be able to distinguish between the two, as practically all of the best growths are "washed" coffees.

183 *Q. Can a person tell a good coffee from a poor*

RIO COFFEE

SANTOS COFFEE



PEABERRY COFFEE

BOGOTA COFFEE

coffee by the appearance of the coffee in the bean?

A. The difference between a good coffee and a poor coffee is not easy to detect by simply looking at the coffee in the bean. An expert can tell a good deal about the coffee just from its appearance, but no one, not even an expert, buys his coffees on their appearance only. The expert coffee tester who has spent a lifetime handling, buying, and roasting coffees, would not think of accepting a shipment until he had carefully tested the flavor, aroma, and cup quality of the coffee after it has been brewed. Some of the coffees that make a fine appearance in the bean make a very poor cup of coffee, and some coffees that make a very poor appearance in the bean, such as the Mocha coffee, make a delicious cup of coffee.

184 *Q. What is the difference between Santos and Rio coffees?*

A. Both are Brazil coffees. Santos coffees are shipped from the port of Santos; they are mild and sweet in the cup, as distinguished from the rank and pungent Rio coffees, which are shipped from the port of Rio de Janeiro. Soil, climate, and altitude are the reasons for this difference.

185 *Q. What kind of coffee is the so-called Java coffee?*

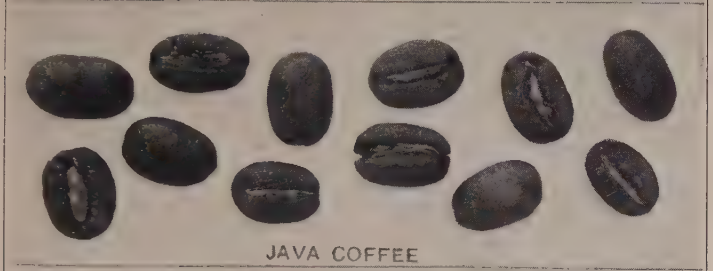
A. The "Java" coffee acquired its reputation years ago when the Dutch Government established a monopoly of the coffee industry and

sold its stocks of coffee, after aging and mellowing them, as "Old Government Java," although that coffee was really grown on the Island of Sumatra and not on the Island of Java. As the term "Java" has been so much abused, the Department of Agriculture has ruled that only genuine *coffea arabica* that is grown on the Island of Java can be labeled and sold as Java coffee. *Coffea arabica* is the scientific name for the coffee originally grown in Arabia and from there brought to Java. The *coffea arabica* grown on the neighboring Island of Sumatra and other near-by places is exactly the same *coffea arabica* that is grown on the Island of Java and is usually offered now as "Java grade" or "Java style" coffee. As the world's annual production of coffee is over 2,500,000,000 pounds and the total crop of *coffea arabica* grown on the Island of Java is only about 1,000,000 pounds, it can readily be seen that only a very small amount can be marketed each year as "Java" coffee. (The *coffea arabica,* whether grown in Arabia, Java, Sumatra, or elsewhere, is one of the best coffees on the market and commands a much higher price.)

186 *Q. What is meant by "steel-cut" coffee?*

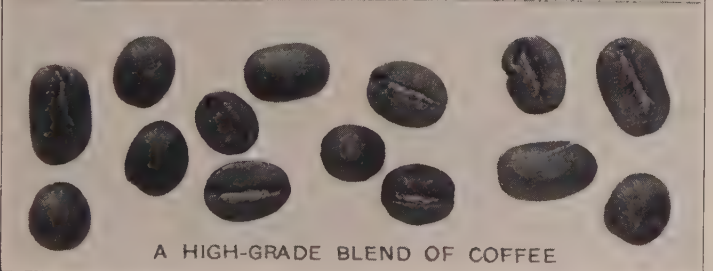
A. "Steel-Cut" coffee is ground coffee that has been ground by special steel-cutting machines, which also remove the chaff from the beans. While the steel-cut coffee is usually sold in air-tight packages, it does not make the same rich cup of coffee as freshly ground coffee does, for the reason that some of its fragrance is lost

BOURBON SANTOS COFFEE



JAVA COFFEE

MOCHA COFFEE



A HIGH-GRADE BLEND OF COFFEE

during the process of cutting and packing and also during the time the coffee was on the retailer's shelves and on the pantry shelves of the consumer.

187 *Q. What is considered the best grade of coffee on the market?*

A. The genuine Arabian Mocha coffee, produced in that district of southern Arabia known as "Yemen." While this coffee is the highest priced coffee, it has the poorest appearance of all coffees; the beans are wrinkled and are quite small in size, in addition to being irregular in both size and color. This coffee takes its name from the former shipping town of Mocha. All Mocha coffee is now shipped from the port of Hodeidah.

188 *Q. How do the so-called soluble coffees differ from ordinary coffees?*

A. The soluble coffees on the market, also known as "instant" coffees, are made from concentrated liquid coffee from which the water has been evaporated. The evaporating process results in minute brown crystals, resembling pulverized coffee, which are soluble in either hot or cold water. Soluble coffee varies in flavor with the quality of the coffee used and the methods employed in its preparation.

189 *Q. Which method of preparation makes a better cup of coffee—the boiling or the brewing method?*

A. Coffee should be brewed—never boiled. Boiling coffee and water together is ruin and waste. The boiling water, poured over the cof-

fee, extracts the already cooked aromatic oils, which constitute the whole true flavor of the coffee. The undesirable elements, being less quickly soluble, are left in the grounds. Boiling the coffee brings out these undesirable elements, causes twang and bitterness, and damages the purity of the liquid. Coffee boiled is coffee spoiled—always.

XII. Condiments

190 *Q. How is common table salt obtained?*

A. The common table salt is obtained from deposits of rock salt found beneath the surface of the earth. This salt is brought up to the surface either by mining or by forcing water through pipes down to where the deposits are, dissolving the salt, then pumping up and evaporating the brine. The water method is the one commonly used.

191 *Q. How does the free-running salt differ from the ordinary table salt?*

A. The free-running salt contains a very small amount (usually 1%) of carbonate of magnesia, which is added to the salt to keep it from caking.

192 *Q. What is meant by "Rock" salt?*

A. "Rock" salt is salt mined from salt deposits in the earth.

193 *Q. What is meant by "40-grain" vinegar, "45-grain" vinegar, etc.?*

A. To say that a vinegar is "40-grain" is the same as saying that it is 4 per cent acetic acid strength. Similarly, "45-grain" would mean 4½ per cent and "50-grain" would mean 5 per cent. The use of the terms "40-grain," "45-grain," etc., comes about because these figures represent the amounts of alkali required to neutralize the acetic acid of the vinegar. A 40-grain vinegar requires just 40 grains of alkali to entirely neutralize the acid.

194 *Q. How strong must a vinegar be that is to be used for pickling purposes?*

A. Vinegar for pickling purposes must be at least 45 grains strong.

195 *Q. From what is the White Distilled Vinegar made?*

A. From diluted distilled alcohol.

196 *Q. From what is malt vinegar made, and for what is it used?*

A. Malt vinegar is usually made by fermenting barley malt, and sometimes by fermenting the malt of other cereals. It is generally used for pickling purposes.

197 *Q. Can vinegar that is made from apple peelings and cores be labeled "cider" vinegar?*

A. No. According to a ruling by the Bureau of Chemistry, U. S. Department of Agriculture, the term "cider vinegar" should be applied only to the product made from fermented apple juice and it is not permissible to use this name for the product made from chops, dried skins and cores by the process of soaking and subsequent fermentation.

198 *Q. What is meant by "sugar" vinegar and by "glucose" vinegar?*

A. Sugar vinegar is produced from solutions of sugar, syrup, molasses, or refiners' syrup, while glucose vinegar is produced from solutions of starch sugar, or glucose.

199 *Q. What kind of vinegar is the one known as Tarragon vinegar?*

A. This is vinegar that has been flavored with tarragon, an evergreen aromatic herb.

200 *Q. What is Mayonnaise?*

A. Mayonnaise is salad dressing prepared from the whites of eggs, olive oil, vinegar, and spices. Some manufacturers use cottonseed oil in place of olive oil. The Bureau of Chemistry, U. S. Department of Agriculture, has ruled that salad dressing, if made with oil, must be labeled to indicate the kind of oil used, unless that oil is olive oil. It has also ruled that the word "Mayonnaise" cannot appear anywhere on the package unless eggs are used.

201 *Q. What is "French" salad dressing?*

A. This is an olive oil dressing, usually consisting of four measures of olive oil mixed with one measure of vinegar, seasoned with salt and pepper, and sometimes other spices. A little onion juice is also added by some manufacturers.

202 *Q. Is the quality of a salad dressing affected when the salad dressing "separates" in the bottle?*

A. No. The quality is not affected in any way; a little shaking of the bottle is all that is necessary.

203 *Q. What kind of sauce is Worcestershire sauce?*

A. This is a very pungent, dark-colored sauce. While various manufacturers use different formulas in preparing it, the following are the most important ingredients of high-grade Worcestershire sauces: Soy, vinegar, tamarind pulp, onion juice, lime juice, garlic, chili peppers, and various spices. (Soy is a brown sauce,

prepared from soy beans and roasted wheat, while the tamarind pulp, which contains several acids and salts, is obtained from the fruit of a tropical tree.)

204 *Q. What is meant by "prepared" mustard?*

A. Prepared mustard, also known as German mustard, French mustard, and Mustard Paste, is a paste composed of a mixture of ground mustard or mustard flour, with salt, vinegar, and with or without spices or other condiments which do not simulate the color of yellow ground mustard. If a coloring is added, such as turmeric, it must be so stated on the label.

205 *Q. How is tomato catsup made?*

A. After the tomatoes have been inspected for ripeness and soundness, they are put into the "scalder," where they are thoroughly washed by being run through a steady stream of hot water. They are then crushed, and the seeds and skins removed by forcing the pulp and juice through a fine sieve. Spices, sugar, and vinegar are added, and the pulp boiled down to the desired consistency.

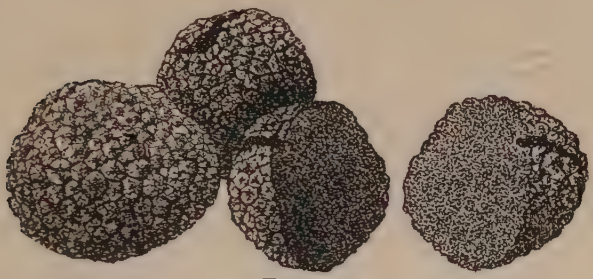
206 *Q. How is walnut catsup made?*

A. The walnut catsup is made from green walnuts, picked when still tender enough to be easily pierced by a pin.

207 *Q. What are truffles?*

A. The truffle is a species of fungi, growing under the ground. It varies in size from that of a plum to that of a medium sized potato, and has neither roots nor stalk, or any other parts. The outside is black and warty, while the inside

is dark brown and is pervaded by a network of threads. The truffle is found almost entirely in



Truffles

France. As there is no growth above the ground, trained hogs and dogs are used in locating the truffle beds. The truffle has an aromatic flavor and a piquant taste, and is used for seasoning and garnishing. The largest and blackest truffles are the best and, of course, command the highest prices. The truffles usually come put up in small sized cans and jars.

208 *Q. What is tabasco sauce?*

A. This is a very hot red-colored sauce, made from ripe tabasco peppers and vinegar. It is usually sold in small, squirt-top bottles, and is used in flavoring meat sauces, salads, soups, oysters, and other dishes.

209 *Q. What are capers, and for what are they used?*

A. Capers are the pickled flower buds of the caper shrub, which is cultivated as a garden plant in the countries of Southern Europe. The buds, which are of the size of small peas, are first dried, then put up in strong vinegar. They

are usually sold in green bottles, and are used in fine cooking for making sauce for meats.

210 *Q. What kind of spice is allspice?*

A. Allspice is the dried, nearly ripe, fruit of a small tree, called the pimento, growing in the West Indies. It is of the size of a small pea, and is similar in appearance to whole black pepper. It is called allspice because it resembles in flavor somewhat a mixture of cloves, cinnamon, and nutmeg.

211 *Q. How do nutmegs grow?*

A. Nutmeg is the dried, wrinkled kernel of the seed of an evergreen tropical tree, similar

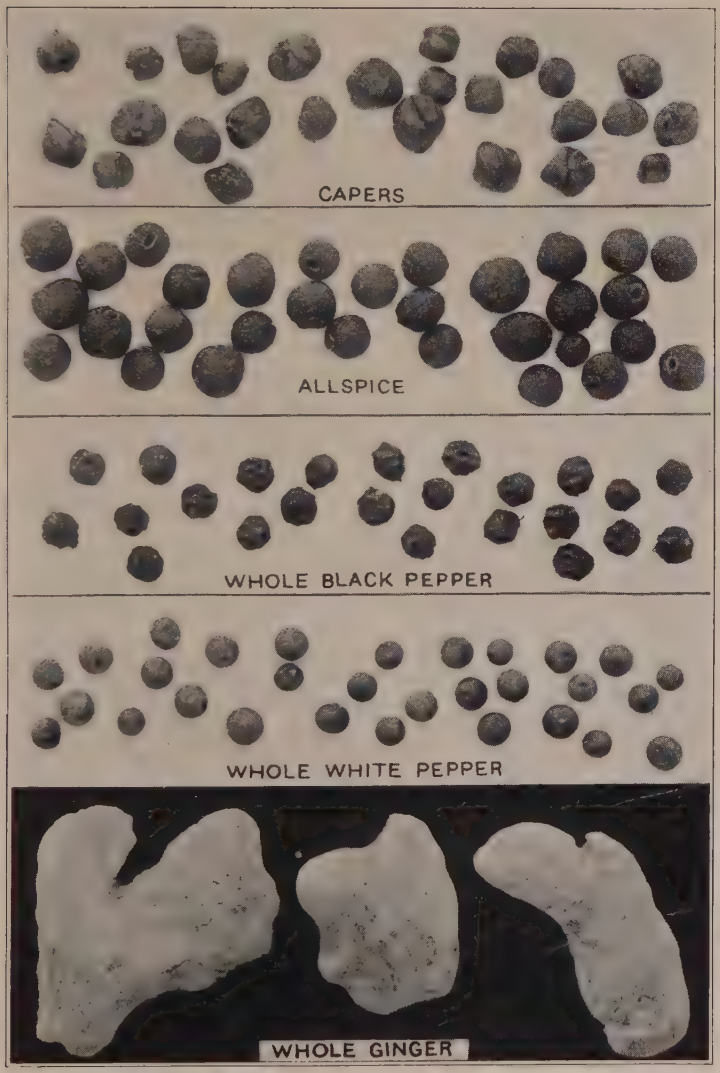
Nutmeg and Mace — the Way They Grow

The Ripe Fruit **Sectional View** **Mace** **Nutmeg**

in appearance to the pear tree and growing to a height of about 50 feet. The fruit is of about the size of a large peach, which, when ripe, splits open and exposes the red blood covering (the spice "mace") over the shell of the seed. The nutmeg is the kernel inside of the shell.

212 *Q. How does mace grow?*

A. As explained in the preceding answer, mace is the red blood covering the shell of the seed, within which shell is found the nutmeg. When fresh, the mace is blood red and rather fleshy, but turns yellow when dried out. Mace


CAPERS
ALLSPICE
WHOLE BLACK PEPPER
WHOLE WHITE PEPPER
WHOLE GINGER

has much the flavor of the nutmeg, but has a peculiarity which some people prefer.

213 *Q. How does cinnamon grow?*

A. Cinnamon is the inner bark of a small evergreen tree, growing in Ceylon, Java, the West Indies, Egypt, and Brazil. The bark is very thin and smooth, and has a light brown color. The taste is sweet and pleasing, and the flavor mild and fragrant.

214 *Q. What is cassia?*

A. Cassia is a spice so identical to cinnamon that even experts cannot tell the difference between the two when in the ground form. The bark of the cassia is much thicker than that of the cinnamon. The cassia has a decidedly pungent taste and a much stronger flavor than the cinnamon. The terms Cassia and Cinnamon, although representing two separate species, are interchangeable in commerce.

215 *Q. How does ginger grow?*

A. Ginger is the underground stem or rhisome of the ginger plant, which grows in China, Jamaica, the West Indies, Africa, Japan, and tropical America. It is the only spice obtained from the roots of a plant.

216 *Q. What is the white coating that is found on some whole ginger?*

A. Whole ginger is sometimes coated with lime or with whiting to improve its appearance.

217 *Q. How do cloves grow?*

A. Cloves are the dried flower buds of the clove tree, which grows on the islands of the tropics. It is a bushy tree with a cone-shaped

appearance, and averages from twelve to twenty feet in height. The buds are picked by hand, then spread out on mats to dry, or else dried over a slow fire.

218 *Q. How is black pepper obtained?*

A. Black pepper is the dried, immature berry of a climbing shrub growing in the tropics. The ground black pepper is obtained by grinding the entire berry—black coating and all.

219 *Q. How is white pepper obtained?*

A. White pepper is obtained by grinding the mature black pepper berries, after the outer black coating of the berries has been removed.

220 *Q. From what is the common red pepper made?*

A. From Japanese or Bombassa chili peppers, which are small and very hot.

221 *Q. How is paprika obtained?*

A. Paprika is obtained by grinding dried, ripe, red, sweet peppers of a mildly pungent flavor. ("Paprika" is the Hungarian word for pepper.)

222 *Q. What is meant by "Hungarian" paprika and by "Spanish" paprika?*

A. "Hungarian" paprika is paprika having the pungency and flavor characteristic of that grown in Hungary, while "Spanish" paprika is paprika having the characteristics of the milder paprika grown in Spain.

223 *Q. What is meant by "Rosen" paprika?*

A. "Rosen" paprika is high-grade Hungarian paprika prepared by grinding specially se-

lected pods of paprika from which the placentae, stalks, and stems have been removed.

224 *Q. What is curry powder?*

A. A seasoning originally used in India. It consists of turmeric, black pepper, cayenne pepper, corriander seed, ginger, and a number of other ingredients. Its composition varies with different manufacturers; spices are added or omitted, according to the locality. ("Curry" is the Hindu word for stew.)

225 *Q. What is the difference between "ground mustard" and "mustard flour"?*

A. Ground mustard is the powder made from mustard seed, with nothing taken away, while mustard flour is the powder made from mustard seed with the hulls largely removed by sifting and usually with the removal of about 15 per cent or 25 per cent of the fatty oil of the seed.

226 *Q. For what are bay leaves used?*

A. For flavoring of soups, stews, etc., and in spicing pickles and fish.

227 *Q. How does sage grow?*

A. This is a shrub about two feet high, belonging to the mint family. It grows wild in many parts of southern Europe and in some parts of the United States, but it is also cultivated as a garden plant.

228 *Q. What is marjoram?*

A. An aromatic herb, the dried leaves and flowering tops of which are used for spicing soups, dressings, etc.

XIII. Cooking Oils

229 *Q. How is olive oil produced?*

A. The oil is pressed from mature, ripe olives. The olives are first ground between stones, and the paste thus formed is put into closely woven baskets, which are piled one on top of the other and put into a hydraulic press. Many pounds of pressure are brought to bear upon this ground mass. The extract from this mass is the first oil, and is known as "Virgin," or "Extra Virgin," olive oil.

After the oil has been allowed to run for some time, the baskets of cakes are removed, beaten up with a club, softened with hot water, put back into the hydraulic press, and given another pressure of many pounds. This is second pressing oil, slightly inferior to the "Virgin" oil. There are several subsequent pressings, each producing a lower grade of oil than the one produced from the previous pressing.

230 *Q. How many grades of olive oil are there?*

A. Broadly speaking, edible olive oil can be classified into three distinct grades: First pressing oil, known as Virgin olive oil; second pressing oil; and a third grade, which is either a first or a second pressing of a somewhat inferior quality of olives. This third grade oil has a stronger flavor and a darker color than the first two grades.

231 *Q. Why is there so little California olive oil on the market?*

A. The demand for ripe olives is so great,

that, in general, it pays better to use the olives in this way instead of crushing them for oil. Besides, the American olives are not so rich in oil as those that grow in southern Europe.

232 *Q. How is corn oil obtained?*

A. Corn oil is obtained from the germ of the kernel of the Indian corn. The shelled corn is first put into tanks of warm water. This immersion softens the kernel, which is then partially crushed through stone crushers. The resulting mass is submitted to a special process whereby the germ is separated. The germ is then dried and the oil pressed out.

233 *Q. How does corn oil compare with lard, butter, and other cooking fats as far as the cooking itself is concerned?*

A. Corn oil has a burning point of 650° F., as compared with only 425° for lard, 250° for butter, 535° for cottonseed oil, 600° for olive oil, and 620° for peanut oil. The high burning point of corn oil enables the cook to bring it to 600° before putting in food for frying. Thus the hot oil instantly seals in the food juices, retaining flavor and aroma, the food being cooked in its own juice instead of being saturated more or less with grease.

Corn oil also has a lower congealing point than any other salad oil, remaining clear and fluid down to 14° F., and so makes salad dressings which are free from lumps.

234 *Q. For what is peanut oil used?*

A. The most important use of peanut oil is that as salad oil. It is also used for season-

ing and shortening. The very best use, however, of refined peanut oil is in the manufacture of oleomargarine and similar compounds.

235 *Q. What is meant by "virgin" peanut oil?*

A. Peanut oil obtained by the cold-pressed process. It is especially fine in flavor and requires no refining.

XIV. Dried Fruits

236 *Q. How many sizes of prunes are there?*

A. Prunes are graded into ten sizes: 20-30s, 30-40s, 40-50s, 50-60s, 60-70s, 70-80s 80-90s, 90-100s, 100-110s, 110-120s, the figures referring to the number of prunes to the pound. Thus, to say, for instance, that the size of certain prunes is 30-40, means that the prunes run from 30 to 40 to the pound.

237 *Q. Is it to the advantage of the consumer to buy the large sized prunes or the small sized?*

A. Actual tests have proven that there is much more meat for the money in a pound of small prunes than there is in a pound of large ones. The buyer of a pound of the 110-120 size prunes, for instance, gets nearly three times as much prune meat for his money as the buyer of a pound of the 30-40 size.

The following table gives the weight of the pits and of the meat in a pound of prunes of all the ten sizes:

One Pound Each	Weight of Pits	Weight of Meat
20- 30	2¼ oz.	13¾ oz.
30- 40	2½ oz.	13½ oz.
40- 50	2½ oz.	13½ oz.
50- 60	2½ oz.	13½ oz.
60- 70	2¾ oz.	13¼ oz.
70- 80	3¼ oz.	12¾ oz.
80- 90	3⅝ oz.	12⅜ oz.
90-100	3¾ oz.	12¼ oz.
100-110	3⅞ oz.	12⅛ oz.
110-120	4⅝ oz.	11⅜ oz.

Thus, to a pound of 110-120 prunes there are 11⅜ ounces of meat and to a pound of 30-40s there are 13½ ounces, and if they both cost the same, the big prunes would be the better buy. But the difference in price between these two sizes is so great, that the consumer must pay nearly three times as much for a pound of meat from the 30-40s as he pays for a pound of meat from the 110-120s. And the meat is, of course, identical in both cases.

238 *Q. What is the difference between the California and the Oregon prunes?*

A. The California prunes, also known as French prunes, are sweet and require very little, if any, sugar. The Oregon prunes, also known as Italian prunes, are tart and are generally improved by the addition of considerable sugar. The Oregon prunes are especially liked by the Jewish people and by the people of Southern Europe. (A limited quantity of small-sized French prunes, known as "Oregon Petites," are also grown in Oregon.)

239 *Q. What are "silver" prunes?*

A. A variety of prunes, yellow in color. When growing they resemble green gage plums.

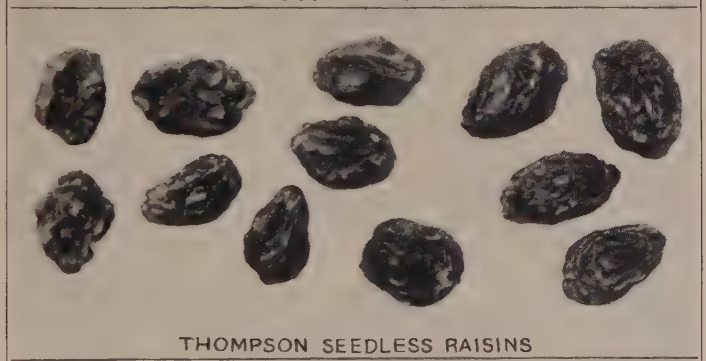
240 *Q. How many varieties of raisins are there?*

A. Roughly speaking, there are only two varieties of raisins — Muscats and Seedless.

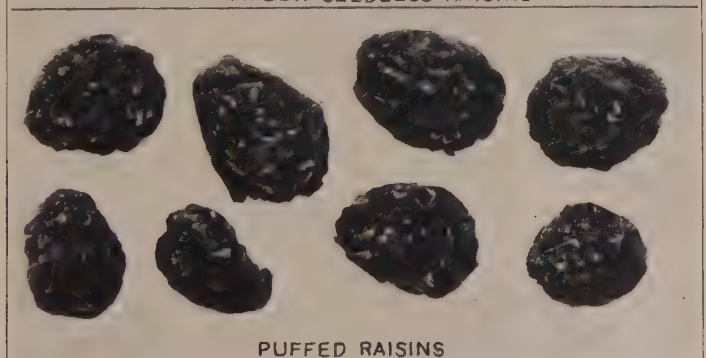
241 *Q. What is the difference between the "Thompson" and the "Sultana" seedless raisins?*

A. The "Thompson" raisin is very sweet and is the true seedless raisin, being entirely seed-

MUSCAT RAISINS



THOMPSON SEEDLESS RAISINS



PUFFED RAISINS

less. It is oblong in shape and golden brown in color, with a bluish tinge. The "Sultana" raisin is somewhat tart and contains seeds occasionally. (About one out of every ten or fifteen Sultana raisins has seeds.) It has a yellowish tinge and is not so oblong as the "Thompson" raisin. (The "Thompson" raisin is so named after the man who produced it by improving on the Sultana raisin.)

242 *Q. Are the straw-colored raisins natural or are they bleached?*

A. They are bleached.

243 *Q. What is meant by "puffed" raisins?*

A. "Puffed" raisins are seeded raisins that are not sticky. They are prepared by a special patented process that leaves the raisins plump and separate. They can be shaken out of the carton and used like seedless.

244 *Q. What is meant by "recleaned" raisins?*

A. All seedless varieties as they come from the trays contain a certain percentage of raisins which are simply pit and skin and also raisins that have cap stems. Such seedless raisins from which the imperfect raisins and those with the cap stems have been removed, are known as "recleaned" raisins.

245 *Q. Why are all of the dried currants on the market imported?*

A. The currants that grow in the United States are not the same as those that grow in Greece and Australia, the two places from which the dried currants are imported. The dried currant is the fruit of a species of grape vine and

is really a sort of seedless raisin, while the currant growing in the United States is the fruit of a bush similar in appearance to the gooseberry bush, and is a different fruit altogether.

246 *Q. What is the difference between Mohr Park and Blenheim apricots?*

A. Both varieties stand for the highest grade apricots grown. The Mohr Park is a more meaty apricot than the Blenheim, but the Blenheim has a higher color, and is preferred by some people on that account.

247 *Q. Are there evaporated cranberries on the market?*

A. Yes. They are usually sold in 1-lb. packages. The sauce made from the dried, or "evaporated," cranberries is practically the same as that made from fresh cranberries.

248 *Q. How does citron grow?*

A. The real citron of commerce grows on a tree similar to an orange or a lemon tree, except that the citron tree is much more bushy. The citron is a large, lemon-like fruit with a very thick peel and a small amount of acid pulp. The pulp is similar to that of a lemon but is less acidulous. The hardiest types attain a length of nine inches and weigh as much as five pounds.

249 *Q. From where does the citron peel come?*

A. While a small quantity of citron peel is produced in California from citron grown there, nearly 90 per cent of the citron peel on the market is produced from citron grown in Corsica, Sardinia, Sicily, and Greece.

250 *Q. What is meant by "drained" citron peel?*

A. The drained citron peel, while prepared with sugar, is not coated with sugar at all.

251 *Q. What is candied citron melon and how does it differ from candied citron?*

A. Candied citron melon is prepared from the rind of the citron melon, a variety of watermelon. The candied citron, the citron peel generally used, is the candied peel of the fruit of the citron tree, a citrus fruit similar to the lemon, but larger and possessing a thick rind of characteristic flavor. Government authorities have ruled that candied citron melon cannot be sold as candied citron, but that it should be labeled "Candied citron melon," "Candied watermelon," or give some similar designation.

252 *Q. What is the difference between "glacé" and "candied" orange, lemon, and citron peels?*

A. The glacé peels are covered with a thin coating of glacé sugar, while the candied peels are covered with a slightly heavier coating and are allowed to dry with a sediment of sugar in the cup.

253 *Q. What are "Fard" and what are "Persian" dates?*

A. The Fard date grows in Arabia, has a dark color and somewhat hard flesh. The Persian date is lighter in color, has a softer flesh, and is larger in size.

254 *Q. What is the difference between the Hallawi and Khadrawi dates?*

A. Both of these varieties grow in Persia,

and are quite alike in flavor, the difference being in the texture and color; the Hallawi date has a bright golden color, while the Khadrawi has a darker color and is not quite as firm in texture as the Hallawi.

255 *Q. Are all of the dates on the market imported?*

A. No. Some of the finest dates in the world are grown in California and Arizona. They are quite large in size and of such fancy quality that they are almost entirely used as a dessert fruit.

256 *Q. Why are some figs white and others black?*

A. The white and black figs are two different varieties. The Smyrna, the Calimyrna, and the Adriatic figs are of the white variety, while the "Mission Black" fig, cultivated largely in the Southern states, is of the black variety.

257 *Q. What are "Calimyrna" figs?*

A. Figs grown in California from stock brought from Smyrna, Turkey.

258 *Q. What are nectarines?*

A. The nectarine is a variety of peach, having a smooth skin. It is a smaller fruit than the peach.

259 *Q. What is the difference between "sun-dried" and "evaporated" fruits?*

A. The term "sun-dried" is commonly used to designate fruit dried without use of artificial heat. The term "evaporated" is commonly used to designate fruit dried by the use of artificial heat.

260 *Q. What is the difference between "evaporated" and "dehydrated" fruits?*

A. Both terms are commonly used to designate that the fruits have been dried by the use of artificial heat.

XV. Flavoring Extracts

261 *Q. From what is vanilla extract made?*

A. Vanilla extract is made from the dried pods of the vanilla plant. These pods are known in commerce as vanilla beans. The vanilla plant is a climbing vine, growing in the tropics. The beans are picked before they are fully ripe, at which time they resemble somewhat long, thin, green bananas. When cured, the beans are about one-fourth inch thick and from 6 to 9 inches long; they have a dark brown color and are highly aromatic. The cured beans are chopped very fine, then put in jars or casks with diluted alcohol and allowed to stand until the alcohol has absorbed the vanillin flavor from the beans. The extract is then drawn off, sugar added to it, and it is then either bottled immediately or put away to be aged. Aging greatly improves the extract.

262 *Q. Since nothing but vanilla beans and diluted alcohol goes into the making of vanilla extract, what is the chief difference between the various grades of vanilla extract on the market?*

A. The difference lies in the grade of vanilla beans used and in the length of time allowed for aging the extract. The vanilla beans grown in Mexico are of the highest grade. Next in quality is the Bourbon bean, grown in the Bourbon Islands. The lowest grade vanilla bean—and the cheapest, of course—is that grown in the Tahiti Islands. Just as cider made from windfalls and rejected fruit is just as "pure" as that

made from sound, ripe Russets, so it is with vanilla extract. A vanilla extract may be "pure" and yet poor.

Extracts improve with age. Manufacturers of the highest grade vanilla extract age their product for a considerable period, often a year or two, before percolating it and filling it into bottles. Such extracts are of a superior quality and naturally command higher prices.

263 *Q. From what is artificial vanilla extract made, and how does it differ from genuine vanilla extract?*

A. Genuine vanilla extract and the artificial extract, called Vanillin and Coumarin, are chemically identical. For that reason it has been quite difficult to distinguish between the two. In the case of the genuine article, however, there appears in the extract a certain percentage of the natural resin and gums that were in the vanilla beans. These do not show in the Vanillin and Coumarin.

Vanillin is made from the oil of cloves. It is perfectly safe to use and legal to sell under its proper name, while Coumarin is a chemical that is manufactured in laboratories to use in mixing with Vanillin so as to add to its flavor. It, too, like Vanillin, is perfectly safe to use.

264 *Q. How is lemon extract obtained?*

A. Lemon extract is made by dissolving lemon oil, which is obtained from the skin of the lemon, in alcohol. To conform to the government standard, lemon extract must contain at least five per cent of lemon oil.

265 *Q. How can a person know whether a flavoring extract is pure or imitation?*

A. Read the label carefully. If the extract is an imitation flavor, the fact will be so stated on the label. The Pure Food Laws are very strict regarding this matter.

266 *Q. What are the various flavoring extracts on the market?*

A.

Almond	Pistachio
Anise	Raspberry
Apple	Rose
Celery Seed	Savory
Cassia	Spearmint
Cinnamon	Star Anise
Cherry	Strawberry
Clove	Sweet Basil
Ginger	Sweet Marjoram
Lemon	Thyme
Nutmeg	Tonka
Orange	Vanilla
Peppermint	Violet
Pineapple	Wintergreen

XVI. Flour

267 *Q. What kind of flour is Graham flour and why is it so called?*

A. Graham flour is coarse all-wheat flour. The term "Graham" originated some years ago with Dr. Sylvester Graham, a practicing physician, who prescribed bread made from coarsely ground wheat, from which no part of the grain had been removed as an aid in relieving constipation. As the public became familiar with the product, it came to be known as "Graham Flour."

268 *Q. What is the difference between "Graham" and "Entire Wheat" flour?*

A. The only difference between the two is that the entire wheat flour is milled slightly finer than the Graham flour. Entire wheat flour, therefore, makes bread with a finer crumb, but its beneficial effects are practically the same as those of Graham flour.

269 *Q. How many grades of rye flour are there?*

A. Three grades: White, Medium, and Dark. The pure white, or patent rye, is a very white product, being practically as white in color as wheat flour. It is intended for use in rye products where a white color is desirable, but it does not have as strong a rye flavor as the darker grades. The Medium Rye is the most popular of the three grades. It is darker in color because it contains a larger percentage of the rye grain and this also accounts for its pronounced rye flavor. The Dark Rye flour is

used principally by bakers who wish to produce a very dark rye bread. Its lower price also makes it more attractive to the baker.

270 *Q. What is meant by "Bohemian Rye" flour?*

A. While rye contains some gluten, it is not sufficient to give very satisfactory results if used alone. It is, therefore, customary to blend with it a certain proportion of wheat flour in order to give it rising power. Such blends are known as Bohemian Rye flours.

271 *Q. What is "Rye Meal"?*

A. Rye Meal, also known as Rye Graham and as Pumpernickel, is simply what the name "Rye Graham" implies, being the whole rye grain ground somewhat coarsely, with nothing added and nothing removed. It is used in making pumpernickel and also a kind of hard tack which is very popular with Scandinavian people.

272 *Q. What is the difference between cornmeal and corn flour?*

A. Cornmeal is the coarsely ground grain of the corn, either white or yellow, while corn flour is finely ground and sifted white cornmeal.

273 *Q. From what is Gluten flour made, and for what is it used?*

A. Gluten flour is made from wheat flour from which a large part of the starch has been removed. It is used for making bread for diabetic people and others who must abstain from starchy foods.

274 *Q. What is ground gluten?*

A. Ground gluten is made from wheat flour by the almost complete removal of starch.

275 *Q. What is meant by "patent" flour?*

A. Flour made from wheat, from which the germ oil has been removed.

276 *Q. What is meant by "strength" in flour?*

A. The power of absorption. A "strong" flour absorbs more water than a "weak" one, and makes more loaves to the barrel.

XVII. Fresh Fruits and Vegetables

277 *Q. Is it true that bananas that are allowed to ripen on the tree are tasteless and unpalatable?*

A. Yes. The banana that ripens on the plant is insipid, almost tasteless, and only a trifle sweet. Only bananas that have been artificially ripened are sweet and palatable.

278 *Q. What are kumquats?*

A. Small, thin-skinned, orange-style fruit, of about the size of the jumbo pecan. The fruit of most varieties is oblong, but of some varieties it is round. Used largely in making preserves. The Kumquat tree is native to China and Japan, but is now cultivated in many places, especially in Florida, Southern Texas, and Louisiana.

279 *Q. What kind of plum is the Damson plum?*

A. A small, dark blue plum, of about the size of a large cherry. Has a firm, yellow flesh, but is, as a rule, too sour to be eaten fresh. Excellent for making jelly, preserves, and for pie filling.

280 *Q. Why is the grapefruit so called?*

A. The name "grapefruit" originated from the fact that the fruit commonly occurs on the trees in clusters, somewhat resembling clusters of grapes.

281 *Q. What is a "pomelo"?*

A. Another name for grapefruit.

282 *Q. Why is the cantaloupe so called?*

A. The word cantaloupe is derived from the

Italian town of Cantalupo, where this variety of muskmelon was first grown.

283 *Q. Why is the muskmelon so called?*

A. Because of the resemblance of its odor to the odor of the musk, which is a soft, reddish-brown powdery substance, obtained from the musk-deer.

284 *Q. What kind of fruit is the pomegranate?*

A. The pomegranate is of about the size of a large orange, has a hard leathery rind, inside of which is a quantity of juicy pulp of a pleasant, cooling taste and an abundance of seeds. The seeds are not pleasant to eat and are used for medicinal purposes. The pomegranate tree was originally grown in Persia, but now is cultivated in the countries along the Mediterranean, as well as in California, Arizona, and some of the other states in this country.

285 *Q. How do cranberries grow?*

A. On a slender, creeping plant with short

Cranberries — the Way They Grow

stems, four inches to one foot long. The cranberry plant grows in marshy ground and is native to a narrow belt of country along the Atlantic coast from Maine to New Jersey. It is also cultivated in Michigan, Wisconsin, Minnesota, and a few other parts of the country.

The fruit of the cranberry is borne on short, upright shoots of the previous season's growth, and is harvested by means of a cranberry rake, which is operated by being forced through the branches, thus pulling off the fruit.

286 *Q. What are the best known varieties of cranberries?*

A. The Early Black, with a bell-shaped form; the Early Red, with spherical form; and the Howe, with an oblong form.

287 *Q. What are lingon berries, and for what are they used?*

A. Lingon berries are somewhat similar to cranberries, and are used for the same purposes as the cranberries. They are used almost entirely by the Scandinavian people, especially during the holiday season. Lingon berries grow in Nova Scotia and Newfoundland, and are packed in barrels with water for shipment, as they spoil easily if not kept in water.

288 *Q. What are alligator pears? Where do they grow, how do they grow, and how are they used?*

A. The alligator pear, also known by its proper name *avocado,* grows on fine spreading evergreen trees in the northern part of South America, in Mexico, in Cuba, in the West Indies, in Florida, and in California. The fruit is

large, weighing up to three and four pounds, having a tough skin under which is the bright green flesh, the edible part. The fruit grows in various shapes, the most common of which are the pear, round, and oval.

While the alligator pear is referred to as a fruit, it is easten as a vegetable, usually sliced as the cucumber is sliced, sprinkled with salt and pepper, with a little vinegar or lime juice poured over it. It is essentially a salad fruit. The flesh of the alligator pear is very nutritious.

289 *Q. What is "Swiss Chard"?*

A. Swiss chard is the name of a variety of beet, grown only for its leaves and stalks which are used as "greens." It is also called "leaf-beet."

290 *Q. What is romaine?*

A. Romaine is a leaf lettuce, the leaves of which are quite long and usually shaped somewhat like a spoon.

XVIII. Gelatine

291 *Q. From what is gelatine made?*

A. Gelatine is of animal origin, being prepared from the sinews, connective tissues, and fresh bones of the steer by carefully regulated processes of liming, washing, extracting with hot water, filtering, and drying. It is not made from hoofs and horns, as is popularly believed, nor is it made the way glue is made.

292 *Q. Is gelatine classed as a food?*

A. Yes. It is an important and wholesome protein food. It is not only easily digested, but it also assists in the digestion and assimilation of other foods. That is why it is so freely used as food for the sick and convalescent.

293 *Q. Of what are the gelatine dessert preparations on the market composed?*

A. The usual composition is: Gelatine, sugar, tartaric acid, fruit flavor, and artificial coloring.

294 *Q. Why is artificial coloring used in the manufacture of gelatine dessert preparations?*

A. When fruits are reduced to their concentrated oils or essences, they usually assume colors that differ from those naturally associated with them, and for this reason the restoration of their natural hues is accomplished with harmless vegetable coloring.

295 *Q. Are gelatine dessert powders sold in larger packages than the usual small package intended to make a pint of jelly?*

A. Many wholesale grocers carry gelatine dessert powders in 5-lb. cans with friction top

covers, put up especially for use by hospitals, hotels, restaurants, caterers, and institutions. The usual flavors are: Strawberry, Raspberry, Orange, Lemon, and Cherry. While the 5-lb. cans are not, as a rule, carried in stock by grocery stores, any retail grocer can get them from his wholesaler.

XIX. Honey

296 *Q. What is meant by "extracted" honey and by "strained" honey?*

A. Extracted honey is obtained through the centrifugal method, by which the honey is drawn out without crushing the combs. Strained honey is obtained by crushing the combs and straining.

297 *Q. Why is the color of some honey light and of some dark?*

A. The color of a honey depends very largely on the kind of flowers used by the bees. Thus, if clover or alfalfa is used, the color of the honey is light; if buckwheat is used, the color is dark. The light-colored honeys are usually of higher grade than the dark-colored honeys, although this is not necessarily true in every case.

298 *Q. Is there such a thing as machine manufactured comb honey?*

A. No. When you see honey in the comb form, you can be sure that it is pure and that it is the work of the bees, for the ingenuity of man has not as yet produced, and is not at all likely to be able to ever produce, anything nearly so perfect as the comb of honey produced by the bees. For many years there has been a standing reward of one thousand dollars for a pound of manufactured comb honey. No one has yet claimed the reward.

299 *Q. Is there adulterated honey on the market?*

A. If a jar or a can is labeled "Honey," you may be sure that you are getting the unadulterated article, for the Pure Food Laws are so

strict and the penalties for adulteration so heavy, that practically no one would care to take a chance in selling a product as honey that is not all honey. Of course, this refers to labeled honey as sold in the grocery store and not to "honey" sold by unknown and irresponsible parties.

300 *Q. Does honey deteriorate with age?*

A. No, but it should be kept in a place where the air is reasonably free from moisture (where salt remains dry), as both bulk and comb honeys absorb moisture from the air and become thin, and in time sour.

301 *Q. What is to be done with honey that has candied?*

A. Any pure honey will candy in time. Honey that has candied can be melted by placing the container in a vessel holding water not hotter than the hand can be borne in. If the water is too hot, there is danger of spoiling the color and ruining the flavor of the honey.

XX. Macaroni Products

302 *Q. How is macaroni made?*

A. High-grade macaroni is made from the gluten part of durum wheat or of spring wheat. This gluten, also known as semolina and as farina, is produced from the choicest and most nutritious part of the wheat kernel. After the gluten is sifted it is then mixed with water in a dough mixer. The well mixed dough is then transferred to a circular kneading machine where it is kneaded until it is smooth texture and possesses a certain resiliency.

The dough is now ready to form into macaroni. This is done by forcing the dough under hydraulic pressure (something like 5,000 pounds to the square inch) through a cylinder with a bronze die at the bottom. The die is full of holes, about quarter of an inch in diameter, and each hole has a small pin in the center, which is attached to two sides of the hole. The pin forms the hole in the macaroni and divides the dough as it passes through, but before the dough reaches the end of the hole the divided parts come together and remain so, making a perfect tube.

The macaroni is then cut into proper lengths and is taken to the curing rooms where it takes from two to five days to dry. After the curing process the goods are ready for packing.

303 *Q. What is the Government standard regarding macaroni and kindred products?*

A. The Government standards define macaroni and kindred products as made from the semolina of hard wheat and containing not more than 13½ per cent of moisture. Products made from flour or from a mixture of flour and semolina may not be labeled "macaroni" or "spaghetti," but should be labeled "flour macaroni" or "flour spaghetti," etc., as the case may be.

304 *Q. Are the imported macaroni products in any way superior to the macaroni products made in the United States?*

A. No. The feeling that they were superior prevailed years ago when practically all of the macaroni products produced in the United States were produced from flour made from ordinary wheat. Today all of the high-grade macaroni products made in the United States are made from the semolina of durum or of hard spring wheat. It takes the finest quality macaroni made in Europe to come up to the high-grade macaroni produced in the clean and modern American factories. The United States is now not only able to grow all the durum and hard spring wheat needed for making its own macaroni products, but is exporting large quantities to Italy and France, where it is used for making macaroni and other kindred products. The imported macaroni is no longer preferred to the domestic macaroni.

305 *Q. Are Noodles supposed to always contain eggs?*

A. Yes. Noodles must contain not less than 5 per cent by weight of the solids of the whole, sound egg, exclusive of the shell, in order to be labeled "Noodles." If noodles do not contain eggs, or contain less than 5 per cent, they must be labeled "Plain Noodles," or "Water Noodles."

306 *Q. Are there artificially colored macaroni products?*

A. The artificial coloring of macaroni products is prohibited by law.

XXI. Nuts and Nut Products

307 *Q. What kind of walnuts are those known as "budded" walnuts?*

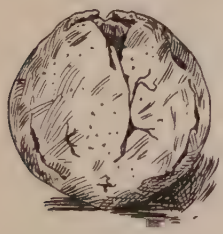
A. They are larger than the ordinary walnuts, and their meat is of a much better quality and superior flavor. This variety of walnuts is produced in this way: The black walnut, which is native to California, is planted in a nursery; when the seedling is one year old, the bud from a selected English walnut tree is bedded under the bark and waxed over. The nuts produced from this "budded" tree are the walnuts known as "budded."

308 *Q. Are the imported walnuts superior to those grown in California?*

A. No. The California walnuts are of superior quality to any of the imported walnuts and easily take the preference.

309 *Q. How do Brazil nuts grow?*

A. This nut is the seed of a gigantic tree,



Brazil Nut Pod

The Nuts Inside

growing in Brazil and in some of the other tropical countries of America, attaining a height of about 120 feet. The tree branches at

a height of about 100 feet. The nuts grow inside of a hard, round shell, which averages about 5 inches in diameter and contains from 15 to 25 compactly arranged nuts. The shells have a rough surface, and are so hard that a large hammer is required to break them. The nuts mature in October and the pods drop during November and December. The nuts are harvested during January and February and reach the United States about the first of April. New Brazil nuts are quite juicy and taste like fresh cocoanut. The Brazil nuts that are on the market around Thanksgiving are nuts harvested some nine or ten months before and do not taste the same as the new nuts that come on the market early in the spring.

310 *Q. What is meant by "washed" Brazil nuts?*

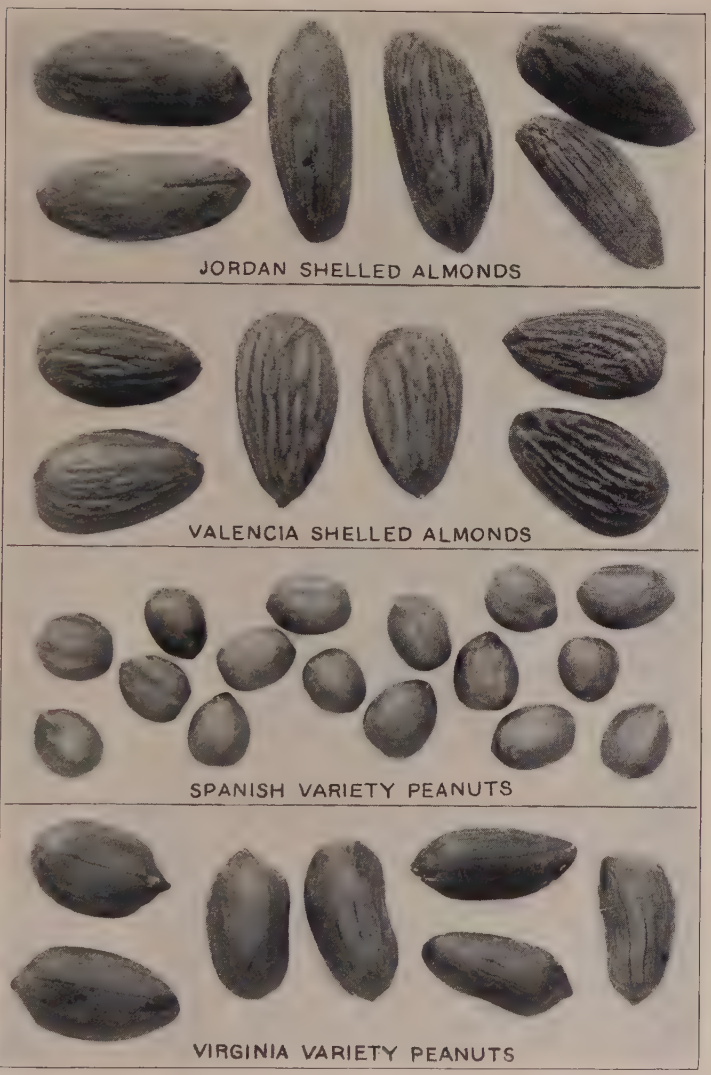
A. Brazil nuts that have been immersed several times in a stream in order to wash off the dirt accumulated during the harvesting and to remove any empty nuts. During this process the light empty nuts rise to the surface and float off in the stream.

311 *Q. How many grades of almonds are there?*

A. There are three grades: (1) Paper Shell, (2) Soft Shell, and (3) Hard Shell. Both the domestic and the imported almonds come in these three grades.

312 *Q. What is the difference between the Jordan and Valencia shelled almonds?*

A. The Jordan almond is oblong in shape, while the Valencia is pointed on one end and somewhat flat at the other end. (See illustra-


JORDAN SHELLED ALMONDS
VALENCIA SHELLED ALMONDS
SPANISH VARIETY PEANUTS
VIRGINIA VARIETY PEANUTS

tion.) The Jordan is a better looking almond, but the Valencia has the better flavor.

313 *Q. What is almond paste and for what is it used?*

A. Almond paste is prepared from ground sweet almonds with the addition of sugar. It is used for making cakes and candies and in the manufacture of macaroons.

314 *Q. Are filberts and hazel nuts the same?*

A. Practically so. The husks of the filberts not only cover the entire nut, but extend beyond it, while the husks of the hazel nut are shorter than the nut itself. With the husks removed, it is practically impossible to tell a filbert from a hazel nut. Both varieties are known as filberts.

315 *Q. How is canned cocoanut prepared?*

A. The canned cocoanut is prepared by shredding or grating the meat of the cocoanut and canning it in its own milk, giving it the natural flavor of the fresh nut.

316 *Q. What are the different forms in which shredded cocoanut is sold?*

A. There are two kinds of cocoanut: Domestic Prepared and Ceylon. Generally speaking, the Domestic Prepared is treated with sugar. It comes in the following "cuts": *Thread, Shred,* and *Desiccated,* of which the last consists of small, coarse particles. These three "cuts" are the ones usually found in the grocery stores, the *Shred* being the most common. The Ceylon cocoanut is unsweetened and comes to us, already prepared, from Ceylon,

India, in the following "cuts": *Sliced* or *Chipped,* which is a thin, broad chip, about two inches long; *Thread,* similar in cut to the domestic prepared Thread; *Shred,* a uniform, medium, short shred; and *Fine,* or *Macaroon*—almost a powdered cocoanut. All of the four Ceylon cuts are used by the bakery and confectionery trades.

317 *Q. When do new cocoanuts come on the market?*

A. Cocoanuts grow the year around, but their greatest harvest is during the months of July, August, September, and October, during which four months shipments usually reach about two-thirds of the total quantity imported during the entire year. Thus, while new cocoanuts arrive on the market at all times during the year, the largest shipments are made during the fall.

318 *Q. What is the difference between the Virginia and the Spanish varieties of peanuts?*

A. The kernel of the Virginia variety is large and oblong, while that of the Spanish variety is small and almost round. (See illustration.) The peanuts of the Spanish variety contain more oil than those of the Virginia variety.

319 *Q. Does peanut butter contain anything else besides peanuts?*

A. A little salt—that's all.

320 *Q. Since only peanuts and salt are used in the manufacture of peanut butter, why do some peanut butters cost more than others?*

A. Because high-grade peanut butters are made from high-grade peanuts, which cost more.

THREAD COCOANUT
SHRED COCOANUT
DESICCATED COCOANUT

321 *Q. Does peanut butter that is put up in air-tight packages remain in good condition indefinitely?*

A. High quality peanut butter will retain its sweet flavor for many months when packed in air-tight receptacles. Of course, in time some of the oil will gather at the top, but it can be mixed together with the peanut butter upon opening of the package.

322 *Q. What is meant by "peanut flour"?*

A. Mills producing the highest grade of virgin peanut oil, shell the peanuts and remove the germs and the skins. When the oil is extracted there is left nothing but the pure, clean meats, which are ground up and used for human consumption in the form of peanut flour.

XXII. Pickles

323 *Q. What is chow-chow and why is it so called?*

A. Chow-chow is the trade name for chopped pickles mixed with prepared mustard. The name was borrowed from the chow-chow of the Chinese, which is a mixture of chopped ginger, orange peel, and several other ingredients with syrup.

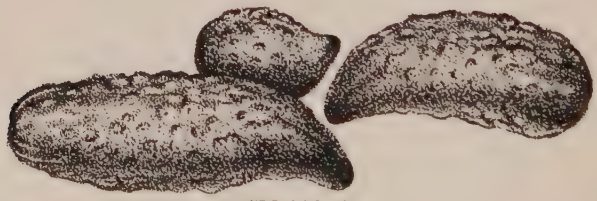
324 *Q. What are the various articles used in making "mixed" pickles?*

A. Cucumbers, green tomatoes, green peppers, beans, onions, and cauliflower are the articles commonly used.

325 *Q. What are gherkins?*

A. This is the trade name for several varieties of cucumbers, used for pickling. They have prickly skins, and are gathered when small.

326 *Q. What are nubbins?*



"Nubbins"

known as "crooks and nubs." (See illustration.) They are pickled and sold as "nubbins" and are also cut up and added to mixed pickles or other combinations of which cucumbers form a part, such as chow-chow, relish, etc.

327 *Q. What are mango pickles?*

A. Pickled mango melons or pickled green peppers stuffed with finely chopped pickles.

328 *Q. From where do the green Queen olives come?*

A. Practically all of the Queen olives sold all over the world grow within a radius of twenty miles from the city of Seville, Spain.

329 *Q. Are there no green olives produced in California?*

A. Yes, but to a very small extent only, because the American growers and packers cannot compete with the imported green olives from Spain, on account of the very low labor costs in that country, the cheaper ocean freight rates, and the present low tariff duty on green olives.

330 *Q. What is meant by* "70-80s", "80-90s", *etc., when referring to green olives?*

A. To say that certain olives are "70-80s," for instance, indicates that they run from 70 to 80 olives to a kilo. ("Kilo" is an abbreviation for "Kilogram," which is equal to approximately two and one-fifth pounds.)

331 *Q. What are the various sizes of green olives?*

A. There are twelve sizes. See illustrations.

332 *Q. How many of the green olives are there to a quart of each of the various sizes?*

A. 70- 80s run from 44 to 50 to a quart.
80- 90s run from 51 to 56 to a quart.
90-100s run from 57 to 62 to a quart.
100-110s run from 63 to 69 to a quart.
110-120s run from 70 to 75 to a quart.

SIZES OF GREEN OLIVES

70-80 Queens

80-90 Queens

90-100 Queens

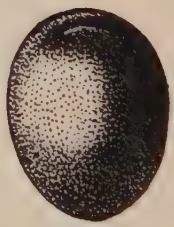
100-110 Queens

110-120 Queens

120-130 Queens

130-140 Queens

140-150 Queens

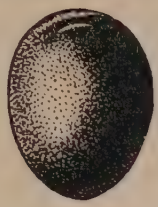


150-160 Queens

(Continued on next page)

SIZES OF GREEN OLIVES (Continued)

160-180 Queens



180-200 Queens

Manzanillas
240-260

120-130s run from 76 to 81 to a quart.
130-140s run from 82 to 87 to a quart.
140-150s run from 88 to 94 to a quart.
150-160s run from 95 to 100 to a quart.
160-180s run from 101 to 108 to a quart.
180-200s run from 109 to 116 to a quart.
240-260s run from 151 to 162 to a quart.

333 *Q. How do ripe olives compare with green olives regarding the content of oil?*

A. Ripe olives contain an average of 22 per cent of olive oil, while green imported olives contain an average of 8 per cent of oil.

334 *Q. Why is the green olive more popular than the ripe olive although it contains so much less oil?*

A. The value of the green olive lies in its peculiar flavor which is the result of the process given it in the "curing," and which piquant flavor makes it quite popular as a relish, or appetizer.

335 *Q. Where are the ripe olives produced?*

A. All canned ripe olives are produced in the United States. With the exception of a small

quantity produced in Arizona, all of the canned ripe olives are grown and packed in California.

336 *Q. What are the different varieties of ripe olives?*

A. There are four varieties: (1) Mission variety, with oil content of about 25 per cent; (2) Manzanillo variety, with oil content of about 16 per cent; (3) Sevillano variety, with oil content of about 10 per cent; and (4) Ascolano variety, with oil content of about 10 per cent. The Mission and Manzanillo varieties comprise 90 per cent of the total output and make the best ripe olives because of their higher oil content, better texture, and better flavor. The ripe olives of the Sevillano and Ascolano varieties are much larger in size and make a fine appearance, but they are inferior in flavor, texture, and oil content.

337 *Q. How many sizes are there of Mission and Manzanillo ripe olives?*

A. There are five sizes: "Small," "Medium," "Large," "Extra Large," and "Mammoth." (See illustrations.)

338 *Q. How many sizes are there of Sevillano and Ascolano ripe olives?*

A. There are three sizes: "Giant," "Jumbo," and "Colossal." (See illustrations.)

339 *Q. How can one know what is the variety of ripe olives in a can?*

A. If the olives are of the Mission variety, that name will invariably appear on the label. If the variety is not stated on the label and the

Small

Medium

Large

Extra Large

RIPE OLIVE SIZES

Mammoth

Giant

Jumbo

Colossal

size is either "Small," "Medium," "Large," "Extra Large," or "Mammoth," the olives are either of the "Mission" or "Manzanillo" variety, much more likely of the "Manzanillo" variety, for the packers of Mission ripe olives usually see to it that the word "Mission" is on the label. If the variety is not stated on the label and the size is either "Giant," "Jumbo," or "Colossal," the olives are of the Sevillano or Ascolano variety.

340 *Q. How can one know what size ripe olives are in a can?*

A. The size is invariably printed on the label —"Large," "Extra Large," etc., as the case may be.

341 *Q. What are the containers in which ripe olives are put up?*

A. Ripe olives are put up in cans of four different sizes: Buffet (5-oz. net weight), Pint (9-oz. net weight), Quart (18-oz. net weight), and No. 10 can (66-oz. net weight).

342 *Q. How many ripe olives are there in a container of each of the eight sizes?*

A. The following table gives the approximate number of olives in a container:

Sizes of Olives	Buffet	Pint	Quart	No. 10
Small	42	76	152	556
Medium	35	64	127	466
Large	30	55	110	405
Extra Large	26	46	92	339
Mammoth	22	40	79	289

Giant	19	34	67	248
Jumbo	16	28	56	207
Colossal	12	23	45	165

343 *Q. Do olives sell according to size?*

A. Yes. The larger the olive, the higher the price. This is true of both green and ripe olives.

XXIII. Preserves

344 *Q. How much fruit must preserves contain in order to be legally labeled "preserves"?*

A. All articles labeled "preserves" must contain at least 45 per cent of fruit; the remaining 55 per cent must be sugar.

345 *Q. What is the required proportion of fruit and sugar in jam?*

A. The same as in preserves; 45 per cent of fruit and 55 per cent of sugar. The Government authorities, however, do not object to an article that contains less than 45 per cent of fruit being labeled "Jam," if the exact formula is stated on the label, as for instance: "28% Apple Juice, 12% Strawberry, 60% Sugar."

346 *Q. What is the difference between preserve and jam?*

A. So far as the contents are concerned, there is no difference between the two. The word "jam," however, implies that the fruit has been cooked to a somewhat pulpy consistency, that no effort has been made to preserve the fruit whole.

347 *Q. Are all products labeled "preserve" or "jam" made from fresh fruits?*

A. No. Preserves and jams can be made from either fresh fruit, "cold pack" fruit, canned fruit, or a mixture of two or of all of these and be properly labeled "preserve" or "jam." If fresh fruit alone is used, the product may be labeled "Fresh Fruit Preserves," but not otherwise.

348 *Q. What is the difference between "preserve" and "corn syrup preserve," and between "jam" and "corn syrup jam"?*

A. The corn syrup products contain 55 per cent corn syrup in place of the 55 per cent sugar content of products labeled "preserve" or "jam."

349 *Q. How does marmalade differ from preserve?*

A. Marmalade is preserve made from thinly sliced rind fruits, such as oranges, grapefruit, figs, etc., and including all or part of the rind.

350 *Q. What is the Government definition for citrus fruit marmalade?*

A. "The clean, sound, jelly-like product made from the properly prepared juice and peel, with or without the pulp, of fresh citrus fruit, of canned citrus fruit, or of a mixture of these, by cooking with water and sugar (sucrose). It contains, embedded in the mass, pieces of the fruit peel, with or without portions of the pulp of the fruit."

351 *Q. Is the orange marmalade on the market prepared from sweet or from bitter oranges?*

A. Both kinds of oranges are used, but the best orange marmalades on the market are prepared from the bitter, pungent-flavored Seville variety of oranges, the whole fruit being used. When sweet oranges are used, they are usually blended with lemons or grapefruit in order to produce a marmalade with the desired bitter flavor.

352 *Q. From what does marmalade derive its name?*

A. From "Marmelo," which is the Portuguese word for quince. It was from the quince that marmalade was first made.

353 *Q. What is the Government definition for fruit jelly?*

A. "The clean, sound, semi-solid, gelatinous product made by concentrating to a suitable consistency the strained juice, or the strained water extract, from fresh fruit, from 'cold pack' fruit, from canned fruit, or from a mixture of two or of all these, with sugar (sucrose)."

354 *Q. How does a product labeled "Corn Syrup Jelly" differ from a product labeled "Jelly"?*

A. "Corn Syrup Jelly" differs only in the fact that corn syrup instead of sugar is used in its preparation.

355 *Q. What is meant by "apple base" preserves, jams, and jellies?*

A. The term "apple base" signifies that apples or apple juice have been added to the fruit used in making the preserves, jams, or jellies. When apples or apple juice are added, the fact must be so stated on the label. If the apple content is more than 50 per cent, the word "apple" should appear before the name of the other fruit, as, for instance, "Apple-Raspberry Jam." If the apple content is less than 50 per cent, the word "apple" should appear after the name of the other fruit; as, for instance, "Raspberry-Apple Jam."

356 *Q. How are the Maraschino style cherries produced?*

A. They are prepared from Royal Anne cherries, picked before they are fully ripe. The cherries are pitted, then cooked in sugar syrup, after which they are colored and then flavored with imitation maraschino liqueur. The Maraschino style cherries are usually sold as "Dessert" cherries. (These cherries derive their name from the Marasca cherry, which grows in Dalmatia, a province of Jugo-Slavia, from which cherry the original maraschino liqueur was distilled.)

357 *Q. What is meant by "crystallized" ginger, and for what is this ginger used?*

A. Crystallized, or candied, ginger is preserved ginger root that has been dried. Like the preserved ginger, it is used for after-dinner desserts, as an aid to digestion.

358 *Q. What are marrons?*

A. Preserved or candied chestnut meats. Used in making fruit salads, and various fancy desserts.

359 *Q. What kind of jelly is Bar-le-Duc?*

A. This jelly is really a preserve, made in the town of Bar-le-Duc, France, originally from currants, the seeds of which have been removed. The specialty of this "jelly" is that the berries remain whole. This is accomplished by using much more sugar than is used in making ordinary jelly, thus requiring boiling for only a short time. Similar jelly is not being produced

in this country, because the cheap female help required to remove the seeds is not available here. The cost would be much greater if the jelly was made in this country. Bar-le-Duc "jelly" is now also being made from other berries, such as raspberries, strawberries, and gooseberries.

360 *Q. What are the several varieties of fruit jellies on the market?*

A. Quince, Apple, Crabapple, Cranberry, Currant, Grape, Plum, Damson Plum, Blackberry, Raspberry, Strawberry, Cherry, Pineapple, Pear, Lemon, Peach.

XXIV. Salt Fish

361 *Q. What are anchovies?*

A. The anchovy is a very small fish of the herring family, growing to about six inches in length. It is found in European waters, mainly in the Mediterranean Sea around Italy. Anchovies are put up both in brine and in olive oil. They are also potted and used in the form of paste and table sauces.

362 *Q. Why is Georges Codfish so called?*

A. Because it is caught in the vicinity of what are known as Georges Banks, a fishing ground off the coast of Maine.

363 *Q. What are those red specks that are sometimes found on salt codfish?*

A. Such red specks are signs of deterioration. They should be trimmed off to prevent their spreading. Unless such codfish can be used in a short time, it should be placed in a heavy salt brine in a jar or keg. This will prevent further discoloration.

364 *Q. How can one tell codfish from other similar fish — hake, for instance?*

A. The meat of the codfish is flaky and quite white in color. The meat of the hake is fibrous and dark in color, somewhat pinkish. The meat of the other substitutes for codfish (cusk, pollock, and haddock) is also dark and fibrous. Codfish with the skin on can be distinguished (1) by its speckles, (2) by the three separate fins on the back, and (3) by the tips of the tail,

which is square across instead of being round.

365 *Q. What are codfish "middles"?*

A. The thickest and choicest part of the codfish.

366 *Q. What are codfish "strips"?*

A. Skinned codfish, usually the whole fish, made up in a roll, and varying in weight from 2 to 4 pounds.

367 *Q. What are codfish "tablets"?*

A. Strips of boneless codfish, cut 6 inches long, 3 inches wide, and about 1¼ inches thick. The tablets are usually made up of two or three pieces and come in 1-lb. boxes.

368 *Q. Why is some codfish labeled "Boneless" and some "Absolutely Boneless"? Is there any difference between these two terms?*

A. As a rule, "boneless" signifies that only the big bones have been taken out, while "absolutely boneless" means that all of the bones, large and small, have been removed.

369 *Q. What is meant by "marinated" herring?*

A. Herring, pickled in white vinegar with slices of lemons and onions and spiced with bay leaves, whole allspice, whole black pepper, whole mustard seed, whole cloves, and sometimes with small Japanese peppers.

370 *Q. What is meant by "kippered" when used in connection with herring or other fish?*

A. The word "Kippered" is of Scotch origin and refers to fish that has been split, salted, and smoked.

371 *Q. What is meant by "bloater"?*

A. "Bloater" has two meanings; it refers (1) to large, fat mackerel, and (2) to large, fat, smoked herring.

372 *Q. What is rolled mopse?*

A. This is the trade name for herring that has been split in halves, boned, spiced, rolled around a piece of pickle, and held together with toothpicks.

373 *Q. What is Finnan Haddie?*

A. A lightly salted and smoked haddock, with the head off. It is split open the entire length, and part of the backbone removed. (The word "Finnan" is a corrupt spelling of Findon, a fishing village near Aberdeen, Scotland, and was originally applied to the haddock cured at that place.)

374 *Q. What are ciscoes?*

A. "Cisco" is the name the Indians gave to several varieties of fish found in the Great Lakes, commonly known as lake herring, bloater, cisco, and long-jaw.

375 *Q. What is stockfish?*

A. Stockfish refers to any of several varieties of fish, cured in Norway and in Alaska. The fish is dried and cured, without the aid of salt or other preservatives. Stockfish is used almost exclusively by the Scandinavian people. Makes a very delicious dish.

376 *Q. What is lutfisk?*

A. This is stockfish that has been soaked and is ready for cooking. The hard, dried stockfish is soaked for three or four days in a prep-

aration of lye water, after which it is placed in fresh water.

377 *Q. What is considered the best mackerel?*

A. The fall-caught Norway mackerel. They are fat, white, and of excellent quality. The meat is white, because care is taken to soak out all of the blood before salting. The Gloucester Fat Shore mackerel, caught off the New England coast, are fat and of very fine quality, but they do not have the white color of the Norway fish, because the American fishermen catch them in large quantities, and cannot take the time to soak out all of the blood.

378 *Q. How should salt mackerel be freshened in order to get the best results?*

A. The fish should be put in a large amount of water, meat side down, and, if convenient, raised a few inches from the bottom of the vessel, so that the salt may drop down away from the fish as fast as extracted. The water should be changed several times. Twelve to forty-eight hours may be allowed, according to the individual taste.

XXV. Starch and Starch Products

379 *Q. From what is the common starch made?*

A. Both the edible and laundry starches are made from a number of materials, such as corn, rice, potatoes, wheat, etc. The starch made from corn is the cheapest.

380 *Q. What is the difference between edible and laundry starch?*

A. The edible starch is starch that has been purified and then pulverized, while the laundry starch is generally unpurified starch, sold as it comes from the kilns, without having been pulverized.

381 *Q. What is the difference between the "lump," "crystal," and "pearl" laundry starches?*

A. The difference between these three starches lies only in their appearance, which is due to the way in which the starch is prepared for the drying kilns and the rate of drying. In this way large or small lumps or long and short "crystals" can be obtainel. When the starch is dried rapidly, it comes from the drying kilns in the form of very small particles and lumps, and is called pearl starch.

382 *Q. From what is tapioca made and what are the different forms in which it is sold?*

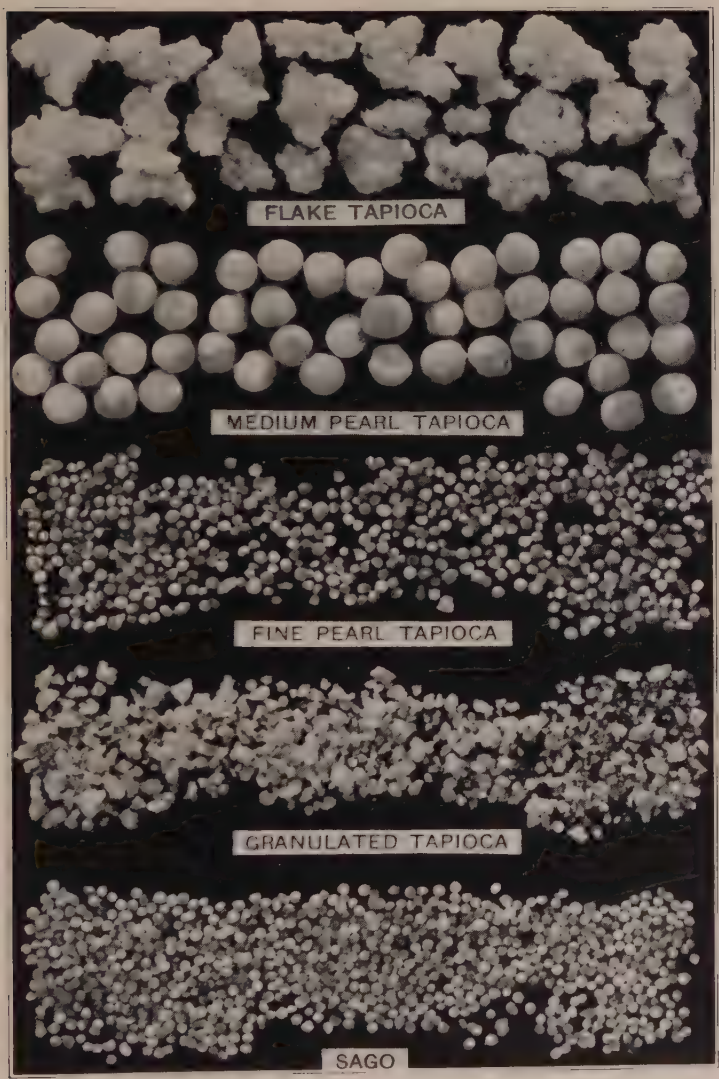
A. Tapioca is made from the starch obtained from the tuberous roots of the cassava plant, also known as manioc, a large shrub growing in the West Indies, South America, Java, the

Malay Peninsula, and Florida. The roots, which grow in clusters and resemble somewhat sweet potatoes, are from one to eight inches thick and from one to four feet long. After the roots have been washed, they are grated and reduced to a fine pulp. The starch obtained from this pulp is known as tapioca flour, which, when mixed into dough and baked, forms what is known as "Flake" tapioca. "Pearl" tapioca is produced by forcing the dough, before it is baked, through a sieve, forming little pellets which are then heated to a high temperature. "Medium" and "Fine" tapioca are determined by the size of the sieve. The "Granulated" tapioca is obtained by grinding the "Flake."

Cassava Plant

383 *Q. What is sago?*

A. Sago is an article very similar to tapioca. It is prepared from the starch obtained from the pith found in the stem of several species of palm trees, natives of the East Indies, and is sold in pearled form—"Pearl Sago."


FLAKE TAPIOCA
MEDIUM PEARL TAPIOCA
FINE PEARL TAPIOCA
GRANULATED TAPIOCA
SAGO

XXVI. Sugar

384 *Q. From what is cane sugar made?*

A. From the sweet juice obtained by crushing the stalks of the sugar cane plant, which plant resembles somewhat the bamboo and the ordinary corn stalk.

385 *Q. From what kind of beets is beet sugar made?*

A. From the sugar-beet, usually the white, cone-shaped type.

386 *Q. Is beet sugar equally as good for preserving and jelly-making as cane sugar?*

A. Yes. The prejudice some people have against the beet sugar for preserving is due to the fact that beet sugar, as it was made years ago, was not as good as the cane sugar on account of the crude methods used in its manufacture. High-grade beet sugar, as manufactured now, however, is in every way equal to the high-grade cane sugar. It is just as sweet as the cane sugar and is also otherwise indistinguishable.

387 *Q. Do cube sugar and cut loaf sugar differ in quality for household use?*

A. No. They differ only in shape.

388 *Q. What is the difference between "Bar Powdered," "XXXX Powdered," "Icing Powdered," and "Standard Powdered" sugars?*

A. "Bar Powdered," also known as "Dessert Powdered," sugar is a coarse powdered sugar, used chiefly in iced tea and lemonade and on fresh fruits and berries. The

"XXXX Powdered" is a very finely pulverized sugar, and is used in baking, and in making icings and frostings. "Icing Powdered" is the same as "XXXX Powdered," except that it contains about 3 per cent starch. "Standard Powdered" is a mixture of fine and coarse powdered, and is used by bakers for sprinkling on bakery goods.

389 *Q. Why do some powdered sugars contain starch?*

A. Powdered sugars which contain starch (the usual amount is 3 per cent) are intended for use in making icings. Such sugar works up into a smoother icing than ordinary powdered sugar. The addition of the starch also keeps the sugar from getting hard and lumpy.

390 *Q. Why do not powdered sugars, when applied to the tongue, seem to be as sweet as granulated sugar?*

A. Because of a peculiarity due to the physical condition of the sugar. Powdered sugar may not seem as sweet as granulated sugar, but it is equally as sweet, weight for weight, with the exception, of course, of icing sugar containing starch.

391 *Q. What kind of sugar is "brown" sugar?*

A. Brown sugar is sugar so processed that it contains some of the molasses originally contained in the raw sugar. The larger amount of molasses it contains, the darker its color. Brown sugar belongs to what are known as "soft" sugars. It is the darkest of the three grades of

soft sugars usually sold in the stores, the other two grades being known as "Yellow" and "Light Yellow."

392 *Q. Is brown sugar sweeter than granulated sugar?*

A. No. Brown sugar tastes sweeter because it contains molasses, but its actual sugar content is less. The same is true of the other "soft" sugars.

393 *Q. Are there both cane and beet "soft" sugars?*

A. No. All "soft" sugars on the market are cane sugars. Beet "soft" sugars are not sold, as they have a certain odor which is not removed until the final refining process.

394 *Q. From what is corn sugar made?*

A. Corn sugar is made from the starch obtained from the corn kernel.

395 *Q. How does corn sugar compare with cane and beet sugar?*

A. Corn sugar is three-fifths as sweet as cane or beet sugar, and is so different in appearance that one is never mistaken for the other; the granules of the corn sugar are round and have a pale yellowish tint. The corn sugar is more easily digested, is fully as wholesome, and its net food value is equal to that of cane or beet sugar.

396 *Q. How is maple sugar produced?*

A. By evaporating the maple sap.

XXVII. Syrups and Molasses

397 *Q. Is maple syrup, as sold in the stores, the sap of the maple tree just as it runs off the tree?*

A. No. Maple syrup is obtained by concentration of the maple sap through boiling and purifying. The sap as it runs from the tree contains only about 2 per cent of sugar, while the maple syrup contains about 64 per cent of sugar.

398 *Q. What is the Government ruling regarding the labeling of "Maple Syrup," "Maple and Sugar Syrup," and "Sugar and Maple Syrup"?*

A. Syrup labeled "Maple Syrup" must be made directly from sap that runs from the tree. Syrup labeled "Maple and Sugar" must contain more maple syrup than sugar syrup. Syrup labeled "Sugar and Maple" contains more sugar syrup than maple syrup.

399 *Q. Why is some maple syrup labeled "Maple Syrup" and some "Maple Sugar Syrup"?*

A. Both are maple syrups but the one is sap syrup and the other is sugar syrup. As a rule, sap syrups are milder, sweeter, have a more pleasant taste than sugar syrups, and possess a peculiar indescribable property of the maple sap which is practically lost when sugar is made and redissolved.

400 *Q. What is the difference between sugar cane syrup and sugar syrup?*

A. Sugar cane syrup is made by the evaporation of the juice of the sugar cane, while sugar

syrup is made by dissolving sugar in water, then boiling this down to the consistency of syrup.

401 *Q. What is meant by "Rock Candy" syrup?*

A. Rock candy syrup is a by-product in the manufacture of rock candy, which is made by melting granulated sugar then crystallizing the syrup produced. The sugar is placed in square cans, which have perforations on the sides large enough for a thread to go through. A large number of threads cross the can from one side to the other. The cans with the sugar in them are placed in a room with a very high temperature, which melts the sugar and causes the syrup to crystallize. The crystallized syrup clings to the threads and to the sides of the can and forms what are termed "string" rock candy and "lump" rock candy. When the product is finished, there is always some syrup remaining in the can. It is this uncrystallized syrup that is known as Rock Candy syrup.

402 *Q. How is molasses produced?*

A. With the exception of the "open-kettle" grade (see next question), molasses is a by-product in the manufacture of cane sugar. The juice obtained by crushing the sugar cane is boiled until crystals are formed. This semi-fluid mass is placed in double-jacketed centrifugal pans. The inner jacket is made of fine wire and revolves rapidly, throwing the molasses out against the outer jacket, which is solid, and the molasses is carried through it to a tank. The sugar remaining in the inner jacket is known as

"first raw sugar" and the molasses produced from this first process as "first centrifugal molasses," which is the best grade of molasses on the market. If more sugar is wanted, the "first centrifugal molasses" is again boiled and the process repeated. The sugar obtained from this second process is known as "second raw sugar" and the molasses as "second centrifugal molasses." If still more sugar is wanted, a third process is gone through, producing "third raw sugar" and "third molasses," also known as "Black-strap" molasses, which is used largely in mixing with cattle feed.

403 *Q. What is meant by "open-kettle" molasses?*

A. Molasses produced by the open-kettle process of boiling the juice obtained from the sugar cane. It has a darker color than the "first centrifugal" molasses, and is generally considered the finest molasses produced. It is made in very limited quantities at present, however, because the modern process of sugar making has practically eliminated this open-kettle molasses from the market.

404 *Q. What is meant by "New Orleans" molasses?*

A. The term was originally applied to open-kettle molasses produced in Louisiana, but now it is applied to any kind of molasses produced in that state, be it open-kettle, first centrifugal, second centrifugal, or black strap.

405 *Q. Are dark-colored grades of molasses better than light-colored?*

A. No. The darker the color of molasses, the

lower the grade. The lightest-colored molasses, the "first centrifugal," is the best; that is, it is the best next to the "open-kettle" molasses when the latter is obtainable. Many housewives prefer the darker molasses, partly because it colors the material with which it is mixed, and partly because the dark color is still associated in their minds with the flavor of the old-fashioned "open-kettle" product.

406 *Q. What is glucose?*

A. True glucose is simply sugar made by a perfected chemical process from a starch instead of by nature. The word "glucose," however, as ordinarily used, is the trade name (established by custom years ago) of syrup made from starch; that is, from sugar made from starch. Glucose is almost invariably made from corn starch, as are all of the corn syrups on the market. It derived its name from the Greek word "glukos," meaning "sweet," the Latinized version being "glucose." Glucose is syrup—and nothing else—pure, wholesome, and highly nutritious. It has an amber color and when further refined has a light straw color. It has little, if any, flavor.

407. *Q. What kind of syrup is sorghum syrup?*

A. Sorghum syrup is produced by boiling the juice obtained by crushing the sorghum cane. The grade and color of the syrup depend on the process used in making the syrup. A well made light syrup of fine flavor is being produced in many sections.

XXVIII. Tea

408 *Q. How does tea grow?*

A. The tea plant is an evergreen bush, growing about four feet high, its growth being limited by frequent prunings.

409 *Q. How many kinds of tea are there?*

A. Three kinds: (1) Green, or Unfermented; (2) Black, or Fermented; (3) Oolong, or Semi-Fermented. All of these teas can be produced from leaves picked from the same bush.

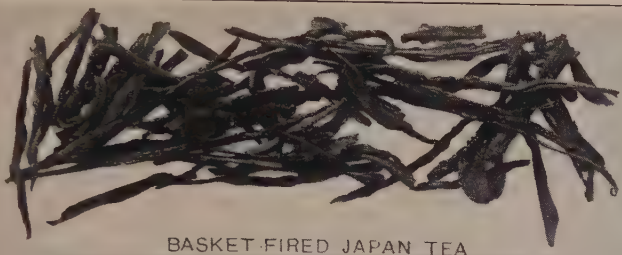
Tea Branches

410 *Q. How is green tea produced?*

A. Just as soon as the leaves are picked, they are steamed to make them soft and pliable, then they are rolled and "fired" in pans or baskets over a charcoal fire or dried in automatic drying machines. The leaves retain their natural green color through the entire process.

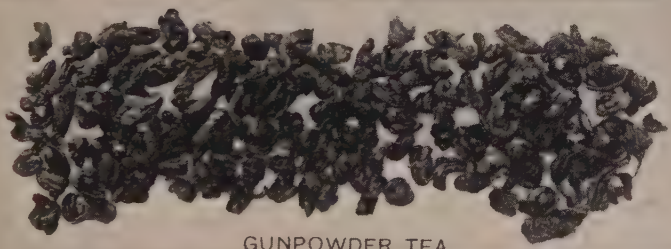
411 *Q. How are black teas produced?*

A. Black teas are produced by a process of fermentation, which is brought about by spreading the green leaves on trays made of canvas saturated with water. These trays are piled in a hot room for three or four hours. The evapora-

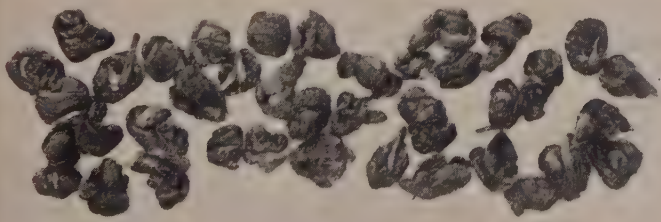


BASKET-FIRED JAPAN TEA

PAN-FIRED JAPAN TEA



GUNPOWDER TEA



IMPERIAL TEA

tion of the water causes the leaves to change from a natural green to a copper color. The leaves are then rolled and fired at a high temperature, which turns them black.

412 *Q. How are Oolong teas produced?*

A. Oolong teas are semi-fermented teas and are produced on the Island of Formosa, just off the coast of China. They are produced in the same way as the black tea, except that they are fired when the leaves are only about half fermented.

413 Q. *How many varieties of green teas are there?*

A. There are two main divisions: Japan Green teas and China Green teas. Japan produces Basket-Fired Green teas and Pan-Fired Green teas. The green teas produced in China are Gunpowder, Imperials, and Young Hysons.

414 *Q. Why are all of the Japan teas green?*

A. Black teas are not made in Japan because on account of climatic conditions the teas that grow there do not lend themselves kindly to fermentation.

415 *Q. What is the difference between Basket-Fired and Pan-Fired Japan teas?*

A. Basket-Fired tea is made from long leaves, fired in wicker baskets over charcoal fires. The leaves are placed in the baskets about eight inches deep and are turned by hand in order to prevent as much as possible the breaking up of the leaves.

Pan-Fired teas are made from smaller sized

leaves, fired in pans, and turned over by machinery.

416 *Q. Is there any difference in the drinking qualities of Basket-Fired and Pan-Fired Japan green teas?*

A. No. The difference between these two varieties of Japan teas lies in their appearance.

417 *Q. How many crops of Japan teas are there?*

A. Three crops. The first crop is picked during the last week of April and the first ten days of May. The second crop is picked during the last two weeks of May. The third crop is picked during June and July. The first crop is of the highest grade.

418 *Q. What is the difference between Gunpowder, Imperial, and Young Hyson teas?*

A. These three are practically the same tea, the difference being only in the shape of the leaves. After the leaves are rolled they are run through sieves of different sized meshes. The small round rolls are Gunpowder; the large round rolls are Imperial; the long rolls are Young Hyson.

419 *Q. What are the meanings of the tea terms Imperial, Young Hyson, Congou, and Oolong?*

A. The Imperial tea derives its name from the fact that it is similar in appearance to the specially prepared tea used by the Imperial Chinese households of the past and also by the wealthier class of people in China. (As the real Imperial tea is produced in very limited quantities, it is practically never exported.)

The term Young Hyson is a corruption of the Chinese words "Yu-he-Tsien," meaning "early spring," from the fact that the tea is picked early in the season.

The term Congou is a corruption of the Chinese words "Koong-Foo," meaning "Laborious," so called from the fact that this tea requires considerable more time and labor to prepare than are required in the preparation of other varieties.

The term Oolong is derived from the Chinese words "Ou-Loung," meaning "green dragon."

420 *Q. How many varieties of Black teas are there?*

A. There are two main varieties: Black teas produced in China and Black teas produced in India, in Ceylon, in Java, and in Sumatra.

The Black teas produced in China are called English Breakfast or Congou teas. Those produced in South China are superior in style but inferior in the cup to the teas produced in North China. The North China black teas are known as Keemungs and the South China black teas as Paklums.

The Black teas produced in India, in Ceylon, in Java, and in Sumatra come in leaves of three sizes: (1) Orange Pekoe; (2) Pekoe; and (3) Pekoe Souschoung. The Orange Pekoe is the smallest leaf, picked at the tip of the branch. The Pekoe is the next in size, and the Pekoe Souschoung is the large, coarse leaf, known as

Government Standard. The darker the leaf in the cup, the poorer the grade.

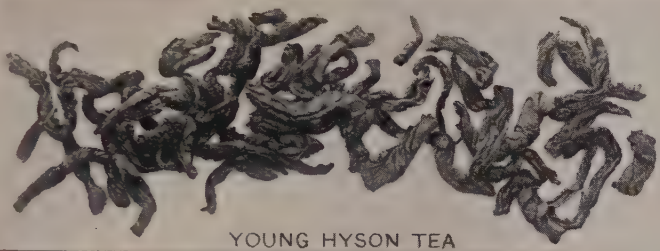
421 *Q. What kind of tea is Darjeeling tea?*

A. Darjeeling tea is the finest black tea produced in India. It grows in gardens located on the slopes of the Himalaya Mountains in the Darjeeling district, some 10,000 feet above the sea level. The high altitude at which it is grown, the peculiar qualities of the soil in which it is grown, the exact methods of cultivation, the careful selection of the leaf, the scientific preparation, and the improved methods of packing, all contribute to make this the most desirable tea in the world.

422 *Q. How do tea siftings compare in cup quality with regular tea?*

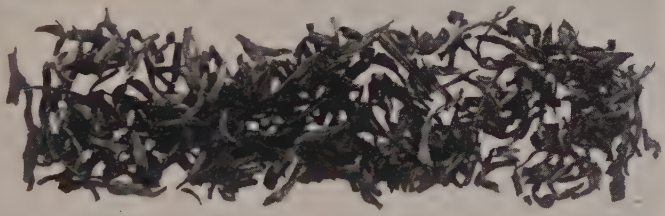
A. As a rule, tea siftings are of better cup quality than the leaves from which they are screened, and would command a higher price if cup quality, and not appearance, were the main consideration. The finest cup quality is in the small, tender leaves and in the tips and edges of the larger ones. In the firing of the tea it is the smaller leaves and the tips and edges of the larger ones that become brittle first and break off before the rest of the leaf is thoroughly done. Then, in order to improve the appearance of the tea, much of the best part of the tea is screened out and sold as siftings at about half the price of the unbroken leaves.

423 *Q. Since the tea bush is the same in all of the countries where it grows, why are there so*



YOUNG HYSON TEA

ENGLISH BREAKFAST TEA



ORANGE PEKOE SIZE TEA

OOLONG TEA

many different kinds of teas and different qualities?

A. The different kinds and qualities of teas are due to differences in the age of the leaves and time of plucking, differences in atmospheric influences during the growth, difference in soil, different processess of preparation after the leaves are picked, and to assorting, separating, and mixing the different sizes and qualities.

424 *Q. Are there any artificially colored teas on the market?*

A. It can be positively stated that no artificially colored teas come into this country. Samples from all shipments arriving at the various ports are carefully examined by expert Government examiners, who see to it that no shipments of impure tea are admitted.

425 *Q. What is the best way to make good tea?*

A. Scald out a crockery tea-pot, and while it is still warm put in the tea. Pour on freshly boiled water that has been quickly brought to the boiling point. Allow the brew to stand from five to seven minutes—not longer. Then use.

If iced tea is desired, the tea should be poured off to cool at the end of the five or seven minutes. Never allow the tea to cool with the leaves in it.

426 *Q. What variety or varieties of tea are best adapted for icing purposes?*

A. As a rule, the Ceylon and India teas are the best for making iced tea. Some packers and wholesalers have special iced tea blends.

XXIX. Miscellaneous

427 *Q. What is "extract of beef"?*

A. Extract of beef is a yellowish-brown paste, obtained by boiling lean beef in vacuum kettles, then straining and evaporating the juice to the consistency of paste. It has a meaty flavor and is soluble in water. Extract of beef is not concentrated beef. It is used as a flavoring adjunct in giving zest to foods for invalids and convalescent people, and especially in enriching the flavor of stews, soups, and sauces. A jar of beef extract in the paste form contains from 45 per cent to 65 per cent meat extract, from 15 per cent to 25 per cent water, from 5 per cent to 20 per cent salt, and from 10 per cent to 20 per cent ash other than salt. The fluid beef extracts on the market are dilute solutions of beef extracts in the paste form. They are sold in bottles and are much more expensive than the extracts in the paste form as they contain more water, the water content of the fluid extract being about 50 per cent.

428 *Q. From what are bouillon cubes made and how do they compare with extract of beef regarding ingredients?*

A. Bouillon cubes consist of salt, beef extract, and plant or vegetable extract. The percentage of common salt in a bouillon cube ranges from 49 per cent to 72 per cent. Thus, from one-half to three-fourths of each bouillon cube is salt. The percentage of beef extract varies from 8

per cent in the poorest brands to 28 per cent in the best brands. The percentage of plant or vegetable extract varies from 3 per cent in the poorest brands to 30 per cent in the best brands. While bouillon cubes are very low in nutritive properties, they have a certain value as a flavoring medium and as a stimulating and appetizing drink.

429 *Q. What is "Benzoate of Soda," which term appears on some labels of condiments as one of the ingredients?*

A. "Benzoate of Soda" is the trade name for Sodium Benzoate, a practically flavorless and tasteless chemical preservative, which is perfectly harmless in the small amounts commonly used, usually one-tenth of one per cent. Benzoate of Soda is found natural in cranberries, plums, and some other fruits, while it also occurs in nature in a number of vegetable substances. (The Referee Board of Consulting Scientific Experts, appointed by the U. S. Department of Agriculture, have reported upon the use of benzoate of soda in foods as follows: "The Board reports, as a result of three extensive and exhaustive investigations, that benzoate of soda mixed with food is not deleterious or poisonous and is not injurious to health.")

430 *Q. What is Angelique?*

A. The candied leaf-stalks of an aromatic plant growing in many parts of Europe. The stalks resemble those of the rhubarb and, when

candied, are used in making cakes, candies, and fancy desserts.

431 *Q. What are the ingredients of ginger ale?*

A. The usual ingredients are: Carbonated water, sugar, ginger, limes, lemons, and a very small amount of extract of red pepper (capsicum) to give it increased pungency.

432 *Q. What is the official standard for butter?*

A. The standard for butter, which is used as a guide by the Federal and most of the State and city foods officials, requires that butter shall contain not less than 82.5 per cent milk fat. This leaves 17.5 per cent for salt, coloring matter, and moisture. On the average, something less than 16 per cent will represent moisture. Butter that contains appreciable quantities of water above 16 per cent contains excess water and necessarily has less milk fat than the standard requires.

433 *Q. From what is arrow-root made and for what is it used?*

A. Arrow-root is the starch obtained from the roots of a small tropical plant of that name. It is a very finely powdered article, and is used chiefly in preparing food for children and invalids.

434 *Q. From what is yeast made?*

A. The familiar cake of compressed yeast is composed of millions of round cells, so small that four thousand of them, placed side by side, measure only an inch in length. Each cell is a plant by itself, capable of independent existence

and endowed with the power of reproduction. Yeast is usually obtained by placing selected yeast cells in a mixture of corn, rye, barley, malt, and water. The yeast cells reproduce themselves by budding, and multiply astonishingly fast in warm temperature.

435 *Q. Of what is malted milk made and for what is it used?*

A. Malted milk is made by combining whole milk with the liquid separated from a mash of ground barley malt and wheat flour and by evaporating the water. It is sold in powdered form and is chiefly used for infant feeding and as food for invalids, dyspeptics, convalescents, and the aged.

436 *Q. From what is chicory made and for what is it used?*

A. Chicory is made from the roots of a plant, similar to the beet plant. The roots are kiln-dried, cut into small pieces, roasted in a coffee roaster, and then ground. It resembles ground roasted coffee, and is used as an addition to coffee, adding to it body, flavor, and color. In other words, it is used for the purpose of making the coffee "go further."

437 *Q. What does "chili con carne" mean?*

A. This is the Mexican name of a Mexican dish. Translated literally, it means "peppers with meat." Chili con carne, as sold in cans, is usually made of beef, brown or kidney beans, chili peppers, spices, and a little garlic.

438 *Q. What is sal soda and what is saleratus?*

A. Sal soda is the common washing soda, while saleratus is the common baking soda. Saleratus is generally referred to as baking soda, its scientific name being *bicarbonate of sodium.* The baking soda is a by-product in the manufacture of the washing soda.

439 *Q. Are the food colorings that are sold in paste and liquid form harmful in any way?*

A. No. They are perfectly harmless, being prepared from vegetable and other color extracts and supplemented by dyes that are approved by the Government.

440 *Q. What is zweiback?*

A. A toast made from a specially baked bread. It is made by practically all of the biscuit manufacturers and is sold both in packages and in bulk. It is very much desired for invalids and children. In some places it is known to the trade as "rusk." ("Zweiback" is the German for "twice baked.")

441 *Q. What is turmeric?*

A. Turmeric is a yellow powder obtained from the roots of a plant of the same name and similar to the ginger plant. The yellow color extracted from the root is used in coloring some prepared mustards and other condiments, and is also used as dyestuff.

442 *Q. What is the meaning of "Avoirdupois," which word appears on some labels in connection with the weight of the contents?*

A. "Avoirdupois" is the name of the ordinary system of weights of the United States

and Great Britain. It is used for weighing all articles except drugs, gold, silver, and precious stones. To say that a jar of honey, for instance, weighs 12½ ounces avoirdupois means that the contents weigh 12½ ounces, as distinguished from liquid ounces. "Avoirdupois" is a compound French word and means "goods of weight."

443 *Q. What is lime juice and for what is it used?*

A. Lime juice is the unsweetened juice of the lime, a fruit similar to the lemon but smaller in size. It is used for practically the same purposes as lemon juice.

444 *Q. From what are junket tablets made and for what are they used?*

A. Junket tablets are made from rennet, which is obtained from the membranes of the stomachs of calves, lambs, kids, and other young mammals, usually before they have had any other food than milk. It is the use of rennet that "turns" the milk in making cheese. The junket tablets are generally used in preparing junket desserts, which are made from lukewarm milk, usually sweetened and flavored with vanilla extract. Dissolving the junket tablets in the warm milk coagulates the milk. (In addition to being sold in tablet form as "junket tablets," rennet is also sold in liquid and in powder form.)

445 *Q. The labels of some of the food products state that the article is prepared with sulphur dioxide. What is the function of sulphur dioxide?*

A. Sulphur dioxide is used as a preservative, especially with articles containing sugar.

446 *Q. From what is paraffine made?*

A. Paraffine is a by-product in the refining of petroleum.

447 *Q. What is water glass, and for what is it used?*

A. This is the commercial name for a concentrated solution of sodium silicate. It is colorless and usually comes put up in quart tins. Water glass is used for preserving eggs. One quart of it mixed with 9 quarts of water that has been boiled and cooled, is sufficient to preserve 15 dozen eggs. At least two inches of the solution should be allowed to cover the eggs at all times.

448 *Q. For what is boiled cider used?*

A. Chiefly in making mince meat. It is also used in making plum pudding and some cakes.

449 *Q. From what is ammonia made?*

A. The common liquid ammonia is water saturated with a gas, consisting of nitrogen and hydrogen. Ammonia is a by-product in the manufacture of illuminating gas.

450 *Q. Why has some ammonia a cloudy appearance in the bottle?*

A. The cloudy appearance is caused by the addition of a small quantity of soap in the process of manufacture.

451 *Q. What are the ingredients of mince meat as sold in the grocery stores?*

A. The following are the ingredients commonly used in the preparation of high quality

mince meats: Apples, beef, suet, seeded raisins, currants, citron, sugar, molasses, spices. In preparing the cheaper grades of mince meat, the beef and suet are usually omitted. Mince meat is put up both "wet" and "condensed"; the "wet" is sold in jars and bulk from pails, while the "condensed" is usually packed in small cartons.

452 *Q. Of what is marshmallow cream made?*

A. It is usually made of gelatine, corn syrup, and sugar, flavored with vanilla extract.

453 *Q. What is the derivation of the word marshmallow?*

A. Both the marshmallow cream and the marshmallow candy were originally made from the gum derived from the roots of the marshmallow plant, a plant similar to the hollyhock, and growing freely in marshes near the sea.

454 *Q. How do oleomargarine and nut margarine compare as regarding ingredients?*

A. The usual ingredients of oleomargarine are: (1) Beef oleo oil; (2) lard; (3) vegetable oil (usually cottonseed); (4) milk; and (5) salt. The ingredients commonly used in the manufacture of nut margarine are: (1) Hard fats, most of which are derived from the cocoanut; (2) soft fats, such as peanut oil, cottonseed oil, corn oil, etc.; (3) milk; (4) salt. Some high-grade oleomargarines contain a certain percentage of natural butter.

455 *Q. What is oleo oil?*

A. Oleo oil, also known as oleo, is the oil

obtained from beef fat and other animal fats by removing the solid fats and the tissues.

456 *Q. What causes some soaps to float?*

A. Very fine air bubbles, injected into the soap in the process of manufacture.

457 *Q. Of what is castile soap made?*

A. According to a Government ruling, the term "castile" as applied to soap can only be used where pure olive oil is used, with no admixture of any other fat.

458 *Q. From what is cream of tartar made and for what is it used?*

A. Cream of tartar is made from the purplish crystallized sediments (tartar) found at the bottom of casks containing wine. The tartar is gathered from the casks, boiled with water, refined, re-crystallized, and ground. In this condition it is known as cream of tartar. It is white in color and has an acid taste. It is used chiefly in the preparation of cream of tartar baking powder.

459 *Q. Why is some beeswax light in color and some quite dark?*

A. A wax may be light or dark, depending upon whether the comb came from light-colored "cappings" or from old or brood combs, which are darker. The color of the honey also affects the color of the wax. The terms "light" and "dark" are relative, the color ranging from lemon yellow, from the best cappings, to nearly black.

460 *Q. What are "Patés de Fois Gras"?*

A. Potted goose livers, prepared with truffles. They are usually put up in small, fancy earthenware pots, and are very much prized by epicures. Imported from France.

461 *Q. Why are Saratoga potato chips so called?*

A. Because they were first introduced by a chef at a hotel near Saratoga, New York.

462 *Q. What kind of oil is used in frying potato chips?*

A. Cottonseed oil is almost universally used. Some manufacturers use other vegetable oils or compounds. Animal fats have not been found satisfactory for the purpose.

463 *Q. Why is canned plum pudding so called when it contains no plums?*

A. The real article, originally made in England, was made with plums, and while in this country we have substituted raisins, currants, and citron for plums, this dessert is still known by the old name.

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